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THE HISTORY OF COLD BATHING:

Both Ancient and Modern.

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E Libris Philippi Wheake,

July 33.

ΨΥΧΡΟΛΟΥΣΙΑ:

OR, THE

HISTORY

OF

Cold Bathing:

Both Ancient and Modern.

In Two PARTS.

The FIRST, Written by

Sir *JOHN FLOYER*, of *Litchfield*, Kt.

The SECOND,

Treating of the Genuine Use of HOT and COLD BATHS.

Together with

The wonderful Effects of the *Bath-Water*, drank hot from the *Pump*, in decay'd *Stomachs*, and in most Diseases of the *Bowels*, *Liver* and *Spleen*, &c.

Also proving,

That the best Cures done by the *Cold Baths*, are lately observed to arise from the Temperate Use of the *Hot Baths* first.

By Dr. *EDWARD BAYNARD*,

Fellow of the College of Physicians, *London*.

The Second Edition,

With large Additions, and a Copious Index.

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33

MVSEVM
BRITAN
NICVM

To the Right Worſhipful the ROYAL COLLEGE of PHYSICIANS, *London.*

Learned and Honoured Sirs,

THE Deſign of this Eſſay being to recommend the Ancient Pſeuchroluſia to the preſent Age, I moſt humbly beg the Protection and Favour of your Learned Society, whoſe great Endeavours are to revive all old Practices uſeful to Mankind, as well as to invent new ones.

Many Ancient Practices in Physick have been lately revived in England, *such as Copious Phlebotomy; the want of which made Pleurisies very fatal in* England, *as* Polydore Virgil *observed them formerly to be. This was an Ancient Practice in* Galen's *time, who bled (for Pains and Inflammations, and Rheumatisms, which he call'd* Inflammatory Lassitudes *in his Treatises of preserving Health, till the change of the Colour of the Blood, or* ad Animi deliquium) *many pounds at one time*

Cælius Aurelianus *mentions the drinking of the Nitrous Purging Water, and the Sulphurous*

rous Bath, and Chalybeate in Italy; *and these but of late Years have come into frequent use in* England.

Cupping was always used by the Ancients instead of Phlebotomy upon all occasions, and but little use has been made of them till very lately, till the Instruments were much improved by the Philosophy of the Air-Pump: But I fear the Ancient Rules about it are disused, and therefore some ill Accidents will in time condemn the present use of Cupping without general Evacuations preceeding But there are yet many useful Practices not yet revived, such as the old Gymnastick *Art and Frictions,*

by a Strigil or dry Spunge, by which the Circulation of Humours, the Nutrition of the Body, and the opening of the Pores were much promoted: and the exact Method of Dieting in all Diſeaſes is not reſtored yet.

In Bathing the **Greeks** *and* **Romans** *uſed many excellent* **Smegmata** *to cleanſe the Skin, and cure Leprous Scabs; they uſed alſo Oyls and Ointments after Bathing, to defend the Skin againſt the Senſe of Cold Air, as well as to ſoften it.*

None of the noble Structures for their **Hot Baths** *were made by the* **Romans** *without a* **Cold Bath** *or* **Piſcina**, *and the uſe of*

of Cold Bathing *after Sweating in the* Hot Bath, *is not yet commonly practised in* England.

I do esteem Cold Bathing *a very ancient as well as useful Practice, which ought therefore to be revived; and tho that has always been practis'd in* England, *yet for* 100 *Years past, it has been much disus'd; for which I will give you the most probable Reasons, after I have observ'd the Antiquity of* Cold Baths *here; And I will add these two farther Remarks, that they will prove useful for the Prolongation of* Life, *and be useful to other* Animals *as well as to* Mankind; *and at last shew the*

several Methods whereby Cold Bathing *has been improv'd.*

No part of Phyſick *is more ancient than* Cold Bathing, *ſince we find many Deſcriptions of its good Effects in our oldeſt Authors,* Hippocrates, Celſus, Cælius Aurelianus, *and* Galen: *And to aſſert the uſefulneſs and ſafety of the* Cold Baths, *I could inſtance in* Auguſtus *and* Horace, *who uſed them by the Advice of* Muſa. Pliny *and* Seneca *teſtify of the Uſe of them; and* Lampridius, *that the Emperor* Severus *practiſed* Cold Bathing *for the* Gout, *who died here,* Anno Ch. 213. *And that* Cold Baths *were anciently*

ly used in England, *may be proved, because all the Northern Nations used that Method for fortifying themselves against their Cold Air. And since the* Romans *used it from* Augustus's *time till* Severus, *the* Britans *could not be ignorant of the Customs of their Governours during that time. Besides, none of our Histories can give us any late Original of our Bathing in St.* Winifreds *and and St.* Mongah's *Wells. And since the* Baptismal Immersion *continued till the beginning of the last Century, that Religious Ceremony would teach the People that*

Cold

Cold Baths *were ſafe and uſeful; and becauſe they ceaſed together, we may affirm that they did mutually preſerve one another. No Subject can give a clearer Evidence how eaſily new Opinions can change the beſt and ancient Practices, both in* Religion *and* Phyſick, *than this, for the* Logical *Notion about the* Form *and the* Eſſence *of* Baptiſm, *inclin'd the Age under King* James I. *to an indifferency as to* Dipping *or* Sprinkling, *which he ordered to be ſo expreſſed in the* Catechiſm; *but this gave too much Encouragement to the* Puritan's Sprinkling; *and about the* Reſtoration, *the words* Dipping

ping or Sprinkling *were left out of the* Catechism.

The Directory *condemns the* Baptizing *in the place of* Fonts, *as Superstitious, and ordered* Baptism *in the* [illegible] *of the* Congregation, *and puts too little Value on the outward* Baptism, *but declares* Pouring *or* Sprinkling *of* Water *sufficient for a* Sign *or* Seal *of the* Covenant. *To these two Reasons, I impute the disuse of* Immersion, *which if it had continued, it would have prevented many new vain Niceties and Disputes concerning* Baptism. *And that this was the Ancient Constitution of the Church of* Eng-

England, *appears by the first Book of* Edward VI. *where the* Rubrick *expresly commands the manner of* Dipping; *and in one of the Prayers of* Baptism *says,* Grant to all them, who [illegible] this Fountain forsake the Devil, *&c.*

St. Auguſtine *in his Book,* De Civitate Dei, *Lib.* 22. *assures us, That great Miracles were done by the Sacrament of* Baptism *in his Days; and mentions the Cure of the* Gout, *the* Palsy, *and* Tumours *thereby. This I mention to encourage the reviving of that laudable old Ceremony of* Trine Immersion.

But

But by way of Caution I muſt premiſe, that I will not concern my ſelf in any **Theological Diſputes,** *whether* **Immerſion** *be Eſſential to* **Baptiſm**? *Or whether it be in the Power of the Church to alter it? Neither will I determine againſt the Validity of* **Baptiſm** *by Aſperſion: theſe Diſputes being beſides my purpoſe. For all that I ſhall aim at, is to ſhew, that* **Immerſion** *was generally practiſed by the Ancients, and that in this Church it continued in uſe till the beginning of the Laſt Age, and that there is not that Danger in it as Parents apprehend; but inſtead of prejudicing the*

Health

Health of their Children, **Immerſion** *would prevent many Hereditary Diſeaſes if it were ſtill practiſed.*

The Reaſons for the diſuſe of **Cold Bathing** *in the laſt Century, were theſe.*

The Ignorance of the People in Matters of **Phyſick**, *who uſually take that as well as their* **Doctors** *from the common Vogue, which is always altering and changing; and it was then the Intereſt of the* **Chymical Doctors** *to recommend themſelves by new* **Notions**, *new* **Methods**, *and new* **Medicines**, *and they therefore rejected and cried down all the old Opinions and*

and Practices. They imputed all Diseases to Crudity *and* Acid Salts, *and taught that they must be cured by volatile and fixed Salts, by* Chymical Essences *and* Strong Tinctures *of* Mineral Sulphurs, *and* Brandy-Spirits, *which they did assure the World did strengthen* Nature, *and purify the* Blood *by* Perspiration, *and they wholy despis'd all the* External Regimen *prescribed in* Galenick *Authors as unnecessary: and* Cold Baths *ought to be esteemed the most considerable part of the* Cold Regimen.

It is also very probable, that the change of Religious Opinions had

had no small influence in the use of Cold Baths; *for anciently the Virtues of the* Holy Wells *were imputed to some* Saint, *which the last Age did not credit, and therefore rejected the Use of* Cold Baths, *with the Opinion of the Virtue of the* Saint, *after which came the disuse of the* Baptismal Immersion *also.*

Parents pretended the Danger of that Practice, as well as the Immodesty; and they could not justify these Prejudices *without crying down* Cold Baths *as dangerous. And since they now farther object, that it never was the Custom to* Immerse *Children in* England, *I will give this re-*

remarkable Instance of the Baptism *of King* Edgar's *Son,* Etheldred, *in* Polydore Virgil's *own Words,* Is dum baptizabatur, cum subito in lacrum fontem confecti cibi reliquiasex alvo emissiset, traditur Dunstanus prædixisse ita futurum ut ille quandoque ingens patriæ incommodum dedecusque afferret.

I shall add one more Reason of the disuse of Cold Baths, *which was the Increase and Interest of* Foreign Trade *in the last Century, which then introduc'd all the* Hot Regimen *from the* Hot Climates, *such as* Tabaco,

a baco,

baco, Tea, Coffee, Wine, *and* Brandy-Spirits, *and* Spices, *and these are unnatural to* English *Bodies; for a* Cold Regimen *is proper to* Cold Countries, *as the* Hot Regimen *for* Hot Regions, *because they preserve our Bodies in a State suitable to the ambient Air. If we stop the* Pores *by a* Cold Regimen *in* Hot Countries, *a* Fever *and* Fluxes *immediately succeed; and if we keep them open by a* Hot Regimen *in* Cold Countries, Defluxions *and* Intermitting Fevers, *and* Faintness *happen. We cannot assign any other probable Reason, why* Pleurisies (which

(*which are Species of* Rheumatiſms.) *were rare and unknown to* Phyſicians *in* Henry VII. *Days, and they as well as* Rheumatiſms *and* Rickets, *are now very frequent, unleſs it be, that formerly the* Engliſh *were uſed to a* Cold Regimen *and* Cold Baths, *but of late have diſuſed all the* Cold Regimen *for the* Hot. *I cannot here omit that judicious Remark of Sir* Walter Rawleigh *upon the Sacred Story of the* Angel's *Advice to* Sampſon's *Mother,* To drink no Wine whilſt ſhe was with Child, That ſince Women with Child uſe too much Wine

and Strong Drink, they bring forth feeble Children, and the whole Race of Strong Men is decay'd.

I know the great Honour and Respect you have for the Opinion of the Lord Verulam, *and shall endeavour to prove his Approbation of* Cold Bathing, *and that it exactly answers all the Rules and Indications he has observ'd for the Prolongation of Life. He tells us,* That the Prolongation of Life is chiefly to be expected from a right Regimen, and not from any particular Receipt or Food. *Now 'tis ob-*

observ'd by all Nations, that a rational use of Baths *contributes much to the Health of the People.*

The Lord Verulam *orders the Application to be made to the innate Spirits for Prolongation of Life; and 'tis known by Experience, that* Cold Baths *act much on the* Spirits, *and preserve them from* Evaporation, *and render them* Strong *and* Vigorous: *And he also directs us to alter the Parts by* Topicks, *such are* Unguents, Frictions; *but* Cold Baths *do much more strengthen all the Nervous* Parts, *and stop the* Evacuation *of* Humours, *and that*

also helps the Circulation, *in which Life it self chiefly consists.*

Cold Baths *answer all his Intentions for the Prolongation of Life, because they prevent the Depredation of the* Innate Spirits, *and also that of the* External Air; *the* Spirits *are made less Depredatory when condensed; and for this end he advises* Opiates *and* Nitrous Medicines, *but these cannot so effectually condense them as* Cold Baths *do, and they usually cool and compress them, and thereby produce* Sleep.

The outward Air *is made less Depredatory by being less felt by the* Senses *after* Cold Bathing,

ing, *and by the ſame the* Pores *are cloſed, and the* Air *in the* Humours *is much compreſſed and cooled, and rendered more ſuitable to a* Cold Atmoſphere.

The following Aſſertion will more evidently ſhew his good Opinion of the Cold Regimen. *He ſays,* That the Juices of the Body are made leſs depredable by an auſtere Courſe of Diet in a Life accuſtomed to Cold by ſtrong Exerciſes, and certain *Mineral Baths. And I muſt add, that theſe muſt be* Cold *ones, and not* Hot, *which haſten Old Age, and ſhorten Life by* Evacuation *of*

Humours *I might instance in Sir* H. Coningsby's *long Life, he being* 88, *and that he imputes to* 40 *Years use of* Cold Bathing.

I shall next offer my last Remark, that the Cold Immersion *is useful to other* Animals *as well as* Mankind; *and since* Physicians *have learnt* Bleeding Glisters, *and other* Medicines *from the* Physical Practice *of* Brutes, *we may also learn* Cold Bathing *from some of them, and its Uses also.*

Ælian *affirms, That Wild Pigs will be vehemently convulsed by eating of* Henbane, *but by go-*

ing

ing into the Water, *and by drink-ing of it, they will recover; and from hence we may learn the use of* Cold Baths *in Narcotick Poysons and Sleepy Diseases.*

Our Water-Fowl usually wash themselves in wet Weather. And Celsus *recommends the Use of* Cold Baths *against Rainy Seasons, which will cure the* Pain *of the* Limbs, *and* Dulness *of the* Senses, *occasioned before* Rains.

Canary-Birds *are subject to* Convulsions, *and they are usually cured by* Immersing *them into* Cold Water. *I was lately inform'd by a Lady, whose* Lap-dog *I had seen*

in

in Convulsions, *that 'twas cured of them by being thrown into a Tub of Water: And by these two Instances we may observe the usefulness of* Cold Baths *in* Convulsions.

When I was at Willow-bridge, *I observed an old Country-man, who brought his* Mare *thither, after her being covered, and that he forced her into the* Water, *and afterwards threw* Water *all over her with a Bucket, which practice he told me was common on such Occasions: 'Tis certain that* Cold Water *contracts and strengthens all* Nervous Parts, *and therefore* Cold Baths *have always been esteem-*

ed

ed useful against Abortion.

I shall next relate the Steps or Degrees by which Cold Baths were introduced.

The Art of Cold Bathing was certainly first invented by the Common People, who used it for the Preservation of their Health, and fortifying themselves against Cold, as other Animals do. The Priests farther improved this by applying it to Divine Immersion, thereby to purify the Spirits, and to make them more Calm and Vigorous in Devotion. The Ægyptians and Greek Physicians observed, how far it contributed to the Cure of many Diseases, which Hippocrates

crates *mentions*, Palsies, Convulsions, Hypochondriacal *and* Gouty-pains, *&c. The* Romans *also much improv'd this Art by using* Cold Baths *in the Winter, for which I will give you this Quotation out of* Pliny's Natural History, *Cap.* 29. Hi regebant fata cum repente civitatem Charmis ex Massilia invasit, damnatis non solum prioribus Medicis; verum & Balneis frigidaque etiam hybernis algoribus lavari persuasit, mersit ægros in lacus, videbamus senes consulares usque in ostentationem rigentes.

The

The English *Nation has not been wanting to the improving of this* Art, *for they have discovered the* Cure *of the* Rickets *by it, and* Rheumatick-pains *also; and some use it in the Winter, as the* Romans *did. In* Staffordshire *at* Willowbridge, *they have a more bold Practice than either the* Greeks *or* Romans *used; they go into the* Water *in their* Shirts, *and when they come out, they Dress themselves in their* wet Linen, *which they wear all Day, and much commend that for closing the Pores, and keeping themselves cool, and that they do not commonly receive*

any

any Injury, *or catch any* Cold *thereby, I am fully convinc'd from the* Experiments *I have seen made of it.*

I cannot yet find, that Cold Baths *have been tried in many* Diſeaſes, *therefore we muſt imitate the Example of* Antonius Muſa, *and when* Hot Baths *fail, try by a* contraria Medicina, Cold Baths, *as* Pliny *calls them. And ſince the* Great Auguſtus *as well as other Learned* Romans *by their* Example *and* Authority, *encouraged the Practice of* Cold Baths *ſo far, that they laſted during the* Roman *Empire; I hope to procure the Approbation of*

your

your Honoured and Learned Society, *which would much contribute to the* Reviving *both the* Sacred *and* Medicinal Immersion: *the Common People will teach one another, and be convinc'd by their* Experience, *but Learned Men are too apt to adhere to their own* Opinions; *and there is no other way to incline their* Judgments, *but by your* Approbation, *who have a general* Knowledge *of the* Nature *and* Usefulness *of all* Physical Things. *And since I know I must meet with great* Prejudices *as well as* Abusive Reflections *in this Undertaking, I do here Appeal to your*

your penetrating Judgments, *and I queſtion not but the Truth of what is ſaid on this* Subject *will juſtify the* Deſign. *Though I muſt beg your* Pardon *for the many* Errors *and* Faults *I have committed, Who am, Learned and Honoured Sirs,*

Your moſt Humble Servant,

LITCHFIELD,
October 6. 1702.

JOHN FLOYER.

THE

The Antiquity of the Religious and Medicinal Immersions.

LETTER I.

To the Learned Physician, Dr. William Gibbons.

SIR,

I Design in this Letter to represent to you the great Antiquity of Cold Bathing, which I shall evidently prove, by reflecting on the Ancient Lustration begun by the Patriarchs, and afterwards imitated by the *Egyptians*, *Jews*, *Greeks*, *Romans*, and almost all Mankind; which both Sacred and Prophane Histories sufficiently testify: If the Religious Lustrations came from Revelation, a short use of them would sufficiently discover the Effects of Cold Water upon Immersion, which evidently Invigorates the Actions both of Bo-

dy and Mind, and renders both more Sedate and Calm, and therefore well prepared for Devotion; but 'tis moſt probable that the Ceremonies of Waſhing in Water, was a part of Natural Religion, invented by our Rational Faculties, and grounded on the Virtues of Cold Immerſion, which might by ſome accident be then diſcovered; the uſe of Water being ſo frequent, and the moſt natural and eaſy Method for cleanſing of the Body, and that was thought by the Common People to cleanſe away Sin; but by the Philoſopher to repreſent and produce an inward Purity in the Mind; for which reaſon all Mankind uſed to waſh themſelves before their Sacrifices, and both Religious and Medicinal Immerſions muſt be as ancient as the Sacrifices themſelves.

The manner of purifying by Water ſeems as Ancient as the Flood; for *Plato* in his Third Book, *De Legibus*, affirms, That the Gods purified the Earth by the Flood; for which end they brought it on the Earth, and from this Opinion ſprang the Cuſtom of purifying by Immerſion Mankind as well as the Earth, which Opinion is favoured by *Grotius*, where he Diſcourſes of Strangers initiated into Judaiſm by Baptiſm; *hanc opinionem arbitror fuiſſe inter inſtituta veterâ orta poſt magnum diluvium in memo-*

riam aquæ purgati mundi. And St. *Peter* calls Baptism an Anti-type to the Flood.

I will give you some Instances from the Divine Writing, whereby I may prove, That the Ceremony of purifying by Water was ancienter than the Law of *Moses*, and that it was practised by the Ancient Patriarchs; 'tis very probable, because we find it recorded that *Jacob* commanded his Family to purify themselves, and change their Garments, before they went to *Bethel* to Sacrifice. And *Job* speaks of a like Purification by Snow-Water; we also read that *Pharaoh*'s Daughter went to the River *Nile* (there being no Fountain-Water in *Egypt*) to purify her self, or to procure Fecundity as was usually done thereby.

The *Israelites* were used to Immersion, not only by the Example of their Ancestors, the Patriarchs; but such Customs of purifying were used by the *Egyptians* amongst whom they lived many hundred Years.

Diodorus Siculus mentions the Customs of the first *Egyptian* King, who first washed his Body in Water, and then adorned himself in his Royal Robes before he went to Sacrifice.

Porphyry affirms, That the *Egyptian*-Priests washed three times in a Day upon extraordinary Sacrifices.

I will add one Teſtimony more to prove that Cuſtom amongſt the *Egyptians*, and this Point farther, that they had perfectly obſerved the natural good Effects of Cold Immerſions, uſed in giving a great chearfulneſs and alacrity to the Animal Spirits. *Apuleius* Diſcourſes of this *Egyptian* Cuſtom thus, *Diſcuſſa pigra quiete alacer exurgo, méque purificandi ſtudio marino Lavacro trado, ſeptieſque ſubmerſo fluctibus capite lætus & alacer Deum præpotentem ſic apprecabor.*

Moſes afterwards in his Laws retains the Immerſions of the Patriarchs and *Egyptians*, and preſcribes divers Waſhings for the purifying of the Unclean, as thoſe who had touched dead Bodies, or had Seminal Pollutions, or were Leprous, Menſtruous, or the *Puirpera*'s; and 'tis a *Jewiſh* Cuſtom to waſh before Prayers and Sacrifice, and their going into their Temples: So *Judith* waſhed before her Prayers; and the *Mahometans* ſprinkle their Heads with Water three times before their Prayers, and they now purify themſelves in Fountains, after the manner of the *Jews*, from whom they learnt all their Luſtrations; and the preſent *Moors* uſe a Luſtration by waſhing in the Sea.

Pythagoras travelled into *Egypt*, and was a learned Phyſician as well as a Philoſopher,

pher, and he taught the *Weſtern* Nations that Purity was to be got by Waſhings and Sprinklings; he therefore taught the *Greeks* all the Cold Immerſions, whether Medicinal or Sacred, which he had learnt in *Egypt*.

Diogenes Laertius in the Life of *Pluto* mentions a Cure done by the *Egyptian* Prieſts, by Bathing in the Sea-Water, and that it was the general Opinion of the World, that Salt-Water purified both Body and Soul, Θαλασσα κλύζει πάντα τὰ ἀνθρώπων κακά, and they alſo eſteemed Fountains more efficacious than Rivers.

The following *Greeks*, as well as the *Jews*, acknowledge three ſorts of Purifications by waſhings; the Immerſion was called λοῦσις; the waſhing of the Hands and Feet, νίψις; the Aſperſion ῥαντισμός.

Virgil deſcribes the waſhing of *Æneas* before his Sacrifice to the Gods above; *donec flumine vivo——Abluero*; and in *Dido*'s Sacrifice to the *dii inferni* (where they only uſed Aſperſion)

Die corpus properet fluviali ſpargere lympha,

but in all great Devotions, *Perſius* obſerves that Immerſion was practiſed,

Hanc ſanctè ut poſcus Tyburino in gurgite Mergis
Mane caput bis terque, & noctem flumine purgas.

The *Romans* had both their Religious Ceremonies and their Phyſick from the *Grecians*; and they improved the Art of Cold Bathing, as will be evidently proved by the Account given thereof in the following Letters, by divers Quotations from *Celſus*, *Suetonius*, *Seneca*, *Pliny*, *Oribaſius*, *Ægineta*; and by the Account of the Writings of *Hippocrates* and *Galen*, I ſhall convince you that both theſe Maſters of our Faculty well underſtood many uſeful Practices and Cures done by the Cold Immerſion; and I will only add one Quotation from *Homer*, to ſhew, that the *Greeks* commonly practiſed the Cold Immerſion, both for Purification, and the fortifying the Animal Faculties. For *Homer* mentions the purifying of the *Atrides* in the Sea, and that *Circe* was found by *Jaſon*'s Companions waſhing of her Head in Cold Water, to help her Night-Dreams, and her Prophetick Extaſies.

The moſt unlearned Nation knew the good Effects of Cold Bathing, and alſo uſed

uſed it in Purification, as well as the *Egyptians*, *Greeks*, and *Romans*.

Cambden aſſures us, That the *Gauls*, from whom our *Britains* ſprang, had their Sacred Fountains, which they called *Divona*; and we may well ſuppoſe, that they uſed them both for Luſtrations and Cures, as in following Ages (when Chriſtianity came into *England*) the *Saxons* did: St. *Winefred* lived about the Year 644. and St. *Mongah* in the *Saxons* times; and we find the Wells dedicated to theſe Saints, were famed both for their Cures and Devotion. Many of our *Engliſh* Springs will do miraculous Cures when uſed in Cold Bathing, which in Ages more illiterate, were imputed to the Virtue of the Saint to whom it was dedicated, or the Devotions uſed there.

Roger Hoveden affirms, That at *Wy* in *Kent*, there was a peculiar Well, into which there was a wonderful Virtue infuſed by the Prayers of a certain *Norman* Monk.

And 'tis reported of St. *Francis*, That he cured many by the Water in which he dipt his Rope; and 'tis alſo affirmed, That there is a Water in *Flanders*, which will cure the Palſy after the little Image of *Monſs acuti* has been ſoaked therein.

But I will return to our *English* Histories, and produce a miraculous Cure done by Immersion, which is recorded in Bishop *Hall*'s Mystery of Godliness, and the same is quoted by the *New Britannia*. The Bishop mentions a Cripple who for Sixteen Years moved on his Hands, the Sinews of his Legs being contracted; this Cripple had a Monition in his Dream, to wash in a Well at St. *Madernes* in *Cornwall*, by which he was suddenly restored to his Limbs. And of this Story the Bishop took a particular Account in his Visitation, and had it sufficiently attested by many of the Neighbours, so that he was fully convinced that there was no Art or Collusion in it; but he believed that some good Angel suggested the Remedy.

I will next proceed to shew the Use of Cold Bathing formerly famous in *England*, and many *Northern* Nations for the Leprosy and Rheumatism.

The Leprosy was formerly more frequent in *England*, as appears from *Cambden* in his Description of *Leicestershire*, where he informs us, That the Leprosy about the beginning of the *Normans* spread all over *England* by Infection, and that that Age supposed it to come from *Egypt*, as it did in *Pompey*'s Days; he farther tells us, That

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at *Burton* in *Leicestershire*, there was a rich Hospital built by a Collection through all *England*, for the *Lazars*, to the Masters of whom all the lesser *Lazars* in *England* were subject, as he was to the Masters of the *Lazars* in *Jerusalem*.

There is scarce any Cold Spring famous for any Cures, but it is also commended for Scabs and Leprosy, which must be grounded on the Experience of those times in which the Leprosy was cured by Cold Bathing. And since the Leprosy was so frequent in the beginning of the *Norman* Reign, and that was cured by Cold Baths; they were also frequent amongst the *Normans*.

The Leprosy might probably be the present Pox, which spread all over the World: and one would be apt to suppose that 'tis a Species of the Leprosy described in *Aretæus*, who mentions many Symptoms of it, as the Pains, Scabs, loss of the Nose, and Corruption of the Extremity of the Body. And *Philo* affirms, That the *Jews* were subject to an *Anthrax* or *Carbuncle* on their *Penis*, for which *Circumcision* was useful. 'Tis well know that *Hippocrates* mentions the ὀνικώδεες ἕλκεα, and that a *Caruncle* in the *Urethra* is to be cured by Suppuration; and these are the peculiar Symptoms of the

the Pox, and cannot ordinarily depend on any other Diſeaſe than the preſent Pox.

The *Rheumatiſm* is an old *Engliſh* Diſeaſe, for which Cold Baths are famous; and yet that is commonly called a new Diſeaſe: Tho' that is deſcribed by *Hippocrates* under divers Names, as νοσοι ἄρθρων, νοσοι ἡδέων, νοσοι πλευρέων. And the *Sciatica* is plainly deſcribed, which is one Species of the Rheumatiſm. And as to the Small-Pox, that ſeems to be reckoned by *Hippocrates* amongſt the Spring Diſeaſes, and are called by him in his Third Book of Aphoriſms ἐξανθήσεις ἡλικώδεις; and in the *Coacæ prænotiones* number 114. φλυζακιαι, which happen in continued Fevers, and were fatal if they did not ſuppurate.

All the Diſeaſes we eſteem new in this Age, were formerly deſcribed under other Titles; and this Age has only better deſcribed them, and reduced them to their proper kinds. In *Hippocrates's Epidemicks*, we may find all our preſent Fevers deſcribed, as thoſe with Rheumatick-pains, Cholerick-fluxes, Peripneumonia's, Pleuriſies, Angina's, Coughs, &c. The Pleuriſy was a Diſeaſe very rare in *England* as *Polydor Virgil* ſays, This ſeems a Species of the Rheumatiſm, and was increaſed by our hot Dyet and Intemperance; and it was call-

called by *Dioscorides*, the Rheumatism of the Breast. 'Tis evident, That *Galen* describes it under the Notion of an inflammatory Lassitude, for which he prescribes Bleeding, *ad animi deliquium*, or at least twice a Day. He observes the Fever and Pains which attend it. He proposes a thin Diet of Ptysans, and a cooling slymy Diet of Lettice, Gourds, Mallows, Blites, &c. and Acids, as Vinegar with the Ptysans, and Fish for Diet, if it be proper to eat any Flesh. See *Galen* in his Fourth Book for preserving of Health.

The Scurvy is a new Name for the old Disease described by *Hippocrates*, under the name of Great Spleen, in which the Gums were corrupted, and the Breath smelt fætid; and if no Hemorrhagies happened, nor the Mouth had an ill Odor; the Disease affects the Limbs with ill Ulcers, and Spots on them.

The Rickets seem a new Disease, but it was probably the same which *Hippocrates* obscurely describes under the Name of those Diseases in Children, which are described by the bending of the Spine inwards, (ἀνάδυλις τῦ κατὰ τὸ ἔσω ὄφις) and we find λόξωσις, and ῥάχις, διαφορὴ, and greatness of the Head, which are the Symptoms of the Rickets, were esteemed distinct Diseases.

I have given all these Instances of the Antient Opinions, Practices, and Description of Diseases, to shew, that the Authors of our Faculty, *Hippocrates* and *Galen*, have laid the Foundations of Physick, upon which we ought to Build and Improve, to observe all the sensible Qualities in Medicines and diseased Humours, which they omitted, to describe all the Symptoms of several Diseases, and reduce them to their several Kinds, to Correct their Errors in Anatomy and Philosophy, and never to receed from the Foundations they have laid for any general Hypothesis how curious soever.

The Christian Baptism succeeded the *Gentile* Purifications, and that was performed by Immersion in *England*, and all Parts at the first planting of Christianity. In the Life of *Alfredus*, we find that *Gothrumnus* the *Dane*, with thirty of his Companions were baptized in a Fountain; and *Alfredus de baptisterio susceptum nomine Athelstan.* And they then used a second Rite of Ablution, *Cum vestes candidæ deponerentur.* Such practices of Ablution of Children which is both Religious and Physical, is practised in the *East-Indies*, as *Albert de Mandesloe* informs us in his Travels amongst them. He affirms, That the

Canarins

Canarins wash their Children as soon as they are born, by which they grow so hardy and strong, that 'tis ordinary to see Men amongst them of a hundred Years old in perfect Health, not missing a Tooth. He farther tells us, That the *Indians* oft stupify themselves with the *Datura*, and that they presently recover by moistening the Soles of their Feet with fair Water; by this effect, we may learn the benefit of Cold Immersion in Narcotick Poysons. The same Author observes, That the *Japoneses* never swathe their Children, but wash them in Cold Water; and in *Japan* the Air is more inclined to Cold than Hot.

Because 'tis usually objected, That these Religious Practices of Immersion are suitable to Hot Regions, and not to the Cold, I will give some Quotations from the Writers of Travels into those Cold Countries, to shew, That the *Northern* People use such Practises. *Olearius* informs us, That Men and Women in *Muscovy* come naked out of their Hot Stoves; and so go into Cold Water, or have it poured on them; and in Winter they wallow in the Snow; and that they do the same in *Livonia*, where the *Finlanders* come out of their Hot Stoves into the Snow, with which they rub their Bodies as with Soap, and then return into

their

their Stoves again for a moderate Heat; and thus they from their Childhood, uſe themſelves indifferently both to Hot and Cold.

The *Moſcovites* believe themſelves the only Chriſtians, becauſe they are immerſed into the Water, and not ſprinkled; and they will receive no Proſelytes till they are rebaptized by Immerſion: They therefore Dip their Children in their Fonts, and all Perſons of riper Years are plunged into Rivers at their Baptiſms. And *Olearius* farther affirms, *page* 96. That they often break the Ice to get them into the Water. He ſays, The *Muſcovite* Boys are bred ſo hardy, that they can ſtand half an hour barefooted on the Ice without any Injury.

Olearius alſo delivers the manner of the Baptiſm of the *Armenians*, who ſet their Children naked in the Font, and pour Water on their Heads and Bodies three times.

In *Tavernier*'s Travels, 'tis obſerved, That the Chriſtians of *Balſara* in *Aſia*, who anciently lived near *Jordan*, never Baptize but in Rivers, and that the Godfathers plunge the Child all over into the Water: And every Year thoſe Diſciples of St. *John* Celebrate a Feaſt for five Days, during which time they are baptized according

to

to the Baptism of St. *John*. *Tavernier* also farther observes, That the *Armenians* plunge their Children into Rivers at *Christmas*, and he wonders that the Extremity of the Weather does not kill the Children. The King of *Persia* is oft present at this Ceremony performed at *Christmas* near *Ispahan*.

I have been informed, That our *Highlanders* oft Dip their Children in Cold Water: And a Person of Eighty Years old, who was then very sensible, told me, That in his time he could not remember the Dipping of Infants in *England* at their Baptism, but that his Father oft spoke of it, and farther told him, That the Parents used always at the Baptism of their Children, to desire the Priest to dip that part very well in which any Disease used to afflict themselves, to prevent its being Hereditary.

The *Welsh* have more lately left Immersion; for some middle aged Persons have told me, That they could remember their Dipping in Baptism. I shall in a following Letter prove that Custom useful to the Health of Infants, and that 'tis only a vain fear in the Parents, which has occasioned the disuse of it, to which the Canon 1603, in King *James*'s Days might a little contribute, through the mistake of

in Sense; for there all Baptism, whether by Immersion or Aspersion is declared valid; but the Sense of the Canon ought to be taken conformably to the Rubrick, and in cases of necessity.

The Church of Rome hath drawn these Compendiums of both Sacraments. In the Eucharist they use only the Wafer as fittest for Procession and Adoration; and instead of the Immersion they introduced Aspersion, which may be more conveniently practised in all places than the Immersion. But of this I shall Discourse more fully in a particular Letter, concerning the Immersion in Baptism, which has succeeded the Lustrations of the *Gentiles* as a Religious Ceremony. And of both these as present I have discoursed, only to shew, That Immersions have been practised by all Mankind, whether Learned or Unlearned, and that it has been esteemed by them not only safe, but also useful both to their Bodies and Souls. Not only the great Antiquity, but also the great Cures done formerly, and of late, upon many Patients, has given me a full Proof of their safety and usefulness. And after some Reflections on this Subject, I thought I could not do a more useful thing for our Country, than to contrive for them all the Conveniences of

of a Cold Bath, for the Cure of their Rheumatick-Pains, Lameneſs, Palſies, Rickets, &c. for which Cold Baths are moſt certainly uſeful: The place I fixed on for my Cold Bath, is a plentiful Spring, uſually called *Unite's* Well, which riſes out of a Rock on the Top of a Hill, *North-Weſt* from *Litchfield*, and diſtant from thence about a Mile. The Well is ſituate in the Lands of Sir *James Simons*, Kt. of whoſe generous Inclination to ſerve this Country by the incouraging of my Deſign, I am very ſenſible, and I ought to make this publick acknowledgment of it, that he may receive the due Reſpect of all this Neighbourhood, and the Thanks and Prayers of ſuch Perſons, who ſhall find Benefit by Bathing in St. *Chad's* Bath near *Litchfield*. And I hope none will be offended with my naming thoſe Baths by the Name of that Holy Biſhop, to whom our Churches have long ſince had their Dedication; he was one of the firſt Converters of our Nation, and uſed Immerſion in the Baptiſm of the *Saxons*. And the Well near *Stow*, which may bear his Name, was probably his Baptiſtery, it being deep enough for Immerſion, and conveniently ſeated near that Church; and that has the Reputation of curing Sore Eyes, Scabs,

&c. as moſt Holy Wells in *England* do, which got that Name from the Baptizing the firſt Chriſtians in them; and to the Memory of the Holy Biſhops who baptized in them, they were commonly dedicated, and called by their Names.

The Figure of theſe Baths is oblong, Sixteen Foot long, and about Ten broad. The Baths lie cloſe together, but are divided by a Wall, and the lower receives the Water from the other. The upper I call for Diſtinction, *The Ladies Bath*; and the lower, *The Mens Bath*. The Water is ſufficiently deep to reach up to the Neck, and can be conveniently emptied as oft as we pleaſe, and will fill both Baths in a Nights time: The Deſcent into the Baths is by Stone-ſteps, and there is a convenient Room built to each Bath, for Undreſſing, and Sweating upon great occaſions.

As to the Spring-Water, it appears very Cold: but that I might try its coldneſs, I made the following Experiments: I dipt the Ball of the Portable Thermometer into the Spring, *Auguſt* 6. and I held it in the Water ſix Minutes, which I meaſured by the Minute-Glaſs, in which time it ſunk Eighteen Degrees. I tried the ſame Experiment in both the Baths, and found them

both

both as cold as the Spring-Water it ſelf. And I found that the Well near *Stow*, called St. *Chad's*, did not in ſix Minutes ſink the Spirit in the Thermometer ſo low as *Unite's* Well; and by the ſame Experiment I found, that the Steel-Water near *Stow*, was not ſo Cold as either of the Wells mentioned, by three or four Degrees. I by theſe Experiments was convinced, that the Water at *Unite's* Well was the coldeſt in our Neighbourhood, and therefore the fitteſt for a Cold Bath.

I have not been wanting this Summer, ſince *Midſummer*, to make ſome Experiments upon ſuch diſeaſed Perſons as would be perſuaded to uſe theſe Baths; but more hereafter will be made, when I have prevailed over the Prejudices of the Common People, who uſually deſpiſe all cheap and common Remedies, which have ordinarily the greateſt Effects.

I found theſe Baths very beneficial for all Rheumatick-pains, and Paralytick weakneſs, and Stiffneſs after Rheumatiſms. And I can produce a Country-man, who was cured of a Weakneſs in both his Arms by twice Bathing, and immediately after his Bathing he returned to his Country-Imployment, who for many Months before was confined to his Houſe. This I took

notice of as a conſiderable Cure, he having tried all uſual Methods for two or three Months in vain. And I muſt obſerve this to you, That ſome Internal Remedies, both Cathartick and Alterative, are neceſſary before the uſe of Cold Baths, and alſo a ſuitable Diet. For *Dion Caſſius* informs us, That *Muſa* preſcribed the *Hydropoſia* as well as the *Pleuchroluſia* to cure *Auguſtus*. And I am very well convinced by many Trials about Cold Bathing, that they ſucceeded beſt, who not only drank of the Cold Water before they Bathed in it, but alſo continued the Water-drinking long after.

Many Perſons experienced the benefit of theſe Cold Baths in Rheumatiſms, and they found relief of Pains, and a great Strength of their Limbs, and Vigor of Spirit to follow upon the uſe of Bathing; ſo that in theſe Inſtances there can be no doubt of its ſafety and uſefulneſs.

I could not procure above one Gouty Perſon to try it; and he aſſured me, That he found the Weakneſs and Stiffneſs of his Limbs much relieved by it. But in theſe, and other Defluxions, without Water-drinking, and a cool Purge of Salt, and a temperate Diet, no great good can be expected.

As

As to *Hypochondriack* Caſes, they who uſed them do very much commend theſe Baths, as was confirmed by two of my Patients, who were much cooled by it.

I obſerved, That ſome Hot Tempers had a Raſh produced by Bathing, and they were eaſed of Pains thereby.

I bathed three times, and found the Water very cold at firſt, till I had dipt all over; but after a ſmall ſtay, and upon coming forth, I was very hot, and inſenſible of any cold Air.

I cannot believe that Cold Bathing can help any Defluxions, ſuch as the *Aſthma*, without Water-drinking; and in a recent Diſeaſe; neither can Cold Baths do any good where the *Viſcera* are decayed.

The Practice of Cold Bathing is convenient for young Perſons to render them inſenſible of the Cold Air, and very vigorous both in the Actions of Body and Mind.

Before I give you an Account of the Cautions I preſcribe about Cold Bathing, I will preſent you with the Scheme of the Variety of Cold Baths, and ſome Obſervations and Experiments I have made to diſcover their Virtues and Effects.

I believe the Varieties of Cold Baths, which may be made or found in *England*,

are equal to the various Species of Medicinal-Waters, of which I will present you with the following Table.

1. The Cold Baths at *Buxton* and *Briſtol*, which have a temperate Heat, but in a lower Degree than that of our Humours.

2. The Waters of Rivers heated by the Summer Sun.

3. The Water of the coldeſt Springs, ſuch as St. *Winifred*, St. *Mongah*, &c.

4. The Cold Springs impregnated by ſome Minerals.

1. A Cold Bath impregnated with a *Fœtid* Sulphur, ſuch as that at *Godſhall* in *Staffordſhire*, and at Sir *Nathaniel Curſon's*, near *Darby*.

2. Vitriolick-Waters, which are frequent in every Country.

3. Waters impregnate with Copper-Vitriols.

4. The Salt-Springs and the Sea-Water, give us a plentiful Cold Salt Bath.

5. The Petrifying Waters at *Newnham* in *Warwickſhire*, and other Places, will afford us a Styptick Bath, as well as all our Pump-Waters.

6. The ſmooth Bituminous-Waters at *Willowbridge* in *Staffordſhire*; and there is

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an Oyly Water in the Lands, called *Flaunders*, near *Coleſhill*; they have an evident Oylineſs upon Boiling, proper for Leprous Scurfs.

7. Nitrous purging Waters frequent in many Countries; and there is a large Spring of that Nature, fit for a Cold Bath, in the Lands of Mr. *Richardſon* near *Coleſhill*, in the Grounds called *Flaunders*.

8. *Holywell* is eſteemed a Lead-Water, and is very Cold.

9. In *Cornwall* there are Tin-Waters, and the *Tinners* waſh their Cuts in the Water running from *Mundick Oar*.

10. There are *Alabaſter* Waters very rough near *Tutbury*.

11. *Marle*-Waters taſte ſmooth, and have a little Stypticity, ſuch as the excellent Spring, called *Holywell*, near *Hinckley* in *Leiceſterſhire*.

12. Chalk-waters, and the Lime-ſtone, dry much, and may heal Ulcers in Cold Baths; we obſerve the Chalk-waters at St. *Albans*, and the Lime frequent at *Walſhall* in *Staffordſhire*.

All theſe various Cold Baths may be ſafe and uſeful; and for the better underſtanding of their Effects, I will make theſe following Obſervations;

1. That the Stypticity in Waters, whether from the *Nitrum Calcarium*, or Vitriols of Metals, or Stones, or Earths, increase the Contraction of the Skin, and membranous Fibers, and thereby strengthen more than the common Cold Waters.

2. All Sulphur, Salt, Bitumens, and Metalline Vitriols, mixt with cold Springs, temper their extream Coldnels, and give them mixt Qualities, discussing as well as cooling; and by reason of the diversity of the Mixtures of the Minerals, Salts, Stones, and Earths, in all Springs; scarce any two Cold Baths can agree in all their Qualities and Effects in Humane Bodies.

3. Niter, and a Sulphurous Acidity render Waters more intenlely Cold, for so we artificially make common Water cooler by mixing Salt-peter with it, or by putting a Roll of Sulphur in a Vessel of Water; we thereby cool our Bottles filled with Wine or Beer.

4. I put the *Thermometer* into a Glass of our Conduit-water, which sunk the Spirit in Three Minutes Seven Degrees; and after, I put into divers Glasses Sugar of Lead, in another Vitriol, and in a third Alum, and none of these did sink the Spirit farther; by which I learnt, that none of

these

these increase the Coldness of the common Water, but Salt-peter sunk the Spirit one Degree more: but I observed by another Experiment with the Glass mentioned, that Well-water was not so Cold as the Conduit-water.

5. I tried the weight of the several Waters by another Glass-bubble, sunk by Quicksilver in the Foot of it, that the Water in which Salt-peter and Alum were dissolved, and Well-water were heavier than the Waters in which the same quantity of Vitriol and *Saccharum Saturni* were dissolved. And to the weight of the Water, some of the cooling and contracting Virtues of Cold Baths may be owing; but the Water in which the Air is most compressed, is the coolest, and also heaviest; for nothing makes Fluids as well as Solids heavier one than the other, but the want of Air in their Pores or Vacuity.

Before I conclude these Papers, I will not forget the Cautions I usually give before Cold Bathing, *viz.*

1. To Bleed and Purge, and use such proper Diet and Medicines, both before and after Bathing, which a rational Physician knows to be suitable to the Disease, and the Constitution of the Patient. 2. Not

2. Not to Bathe when hot and sweating, but cool; not to stay in the Bath above two or three Minutes, as the Patient can easily bear it; and to go in and out immediately, on the first Bathing, after an Immersion of the whole Body.

3. To use the Cold Bath before Dinner, fasting, or else in the Afternoon towards Four or Five a Clock; 'tis dangerous to go in after great Drinking and Eating.

4. Continue to Bathe nine or ten times, at least two or three times in a Week.

5. To use Sweating with Cold Bathing in Palsies and Rickets, and several Diseases affecting the Nerves with Obstructions.

6. In Windiness or Sizyness of the Humours, or their flatulency, no Sweating is necessary, nor where Bathing is used for Preservation of Health, or the invigorating of the Animal Spirits.

SIR,

THOUGH I designed in the beginning of this Letter to entertain you only with the Antiquity of Cold Baths, I thought fit to add what I had done in Imitation of the old Practice; and that I find it as difficult to prevail with the Country People to use Medicinals, as the Divines do the Religious Immersion: though the true old

old useful Modes of Physick and Religion will in time prevail, when People have had more Experience in Cold Baths. And the Learned Divines and Physicians, in your Town, speak the Truth plainly, that it has been an Ancient Practice, and very fit to be revived, by reason of the Apostolick Practice, and the great Cures done by it. I have here appealed to your Judgment of the Antiquity as well as usefulness of Cold Baths; and question not but you can and will assist me in defence of what I have asserted concerning them. I have endeavoured to serve our Country, *Staffordshire*, in erecting St. *Chad*'s Bath near *Litchfield*; and if you think fit to use any Cold Baths, 'tis my desire you will remember your own Country in recommending some Patients hither. I have nothing to add, but that you will accept of these Papers as a Testimony of my great Esteem for your Judgment and Learning, and as a Respect which I owe to you my old Friend and Country-man. I am,

SIR,

Your very humble Servant,

Litchfield, Oct. 21. 1701.

JOHN FLOYER.

LET-

LETTER II.

To the Learned Phyſician, Dr. Phineas Fowke.

Containing *Hippocrates*'s Opinion, concerning the Nature of Cold Baths, and their Uſefulneſs.

SIR,

I Long ſince acquainted you with my Deſign of making a Cold Bath near *Litchfield*, and then I gave you ſome Reaſons why I thought that Practice both ſafe and uſeful; but that I might more fully explain my Opinion, and the Reaſons on which it is grounded, I have here digeſted my Thoughts into a ſhort Eſſay on that Subject. I will firſt give the Opinion of *Hippocrates* about Cold Bathing, who has both fully deſcribed its Effects, and given us ſome Rules and Cautions about the right uſe of it. And in the ſecond Place, I will repreſent the Ancient Practice of Im-

Immerſion in the Catholick Church, and moſt particularly in our Climate, for the Baptizing of all ſorts of Perſons, which continued in *England* till about the Year 1600, by which I deſign to prove the Innocence of that Cuſtom, and its uſefulneſs in preventing Hereditary Diſeaſes. I will in the third Place relate ſome Cures of conſiderable Diſeaſes lately performed by Cold Bathing, which will fully Anſwer all Objections and Scruples which can be made againſt this Practice.

I know you will allow me to pay all Reſpect imaginable to the Judgment of *Hippocrates*, who was a moſt Judicious and Rational Phyſician, and the moſt Learned Founder of our Faculty: and ſince he has recommended Cold Bathing, I cannot undergo the Reflection of propoſing ſome new unreaſonable Project in this following Eſſay. I will firſt begin with the Opinion of *Hippocrates*, which he has delivered in his Tract of Ancient Phyſick. I will next obſerve what he has delivered in his Books of Diet, and in that which treats of the uſe of Liquids; and alſo have a due Reſpect to what is collected into Aphoriſms in his Book of Aphoriſms, relating to the ſame Subject.

In

In his Tract of Ancient Phyſick, he gives us theſe Effects of Cold Baths. If any Perſon in Health cools himſelf very much in the Winter-time, either by Bathing in Cold Water, or otherways; the more he is cooled (if his Body be not perfectly congealed) the more vehemently he will become hot, when he puts on his Cloaths again, and comes into a Houſe. And he further ſays, they who travel all Day upon Snow or Ice, and ſuffer great coldneſs on their Hands, Feet, and Head, obſerve that at Night when they come into the warm Houſe, and are covered with Cloaths, or near a Fire, that they ſuffer great heat and itching; and ſome have Bliſters, like them who are burnt: He further obſerves, that they who have the moſt vehement ſhivering in their Fevers, have the greater burning in their hot Fits afterwards.

He farther proves, that Heat will ſucceed any uſe of Cold, by this Obſervation: He that toſſes about through ſuffocating Heat by that means to cool himſelf, he will feel ten times a greater burning and ſuffocating Heat than he who does no ſuch thing.

That I may more clearly explain the Nature of Cold and its Effects as to the Body,

I will

I will mention the Effects that Hot Baths produce, which are contrary to those of Cold Baths; and this Observation *Hippocrates* gives us of them. If any Person will heat himself very much, either by a Hot Bath, or a great Fire, and afterward continue in the same place, and same Habit, as he who was much cooled, he will appear more Cold, and will become more shivering than the other: And he observes how Cold succeeds Heat by this remark; after the hot Fever-fit goes off by Swear, the Sick is more cooled than if he had not had any Fever. Upon the preceding Observation of *Hippocrates*, I design these following Remarks.

1. That the Description of the Effects of Hot and Cold Baths, are not the Suppositions of Ingenious Men, (for all Hypotheses *Hippocrates* rejects as useless in Physick) but certain Experiments often tried on Humane Bodies, which were evident to our Senses, and we only by our Reason discern the Causes of those Effects; and by divers Experiments of the same kind made, we prove that the Effect mentioned depends on the Cause found out by reasoning.

2. By

2. By the Experiments mentioned, 'tis evident, That Cold Baths heat by ſtopping the Pores, and keeping in the hot Effluviums or aerial Spirits; and on the contrary, Hot Baths cool us by opening the Pores, and by evaporating the hot aerial Spirits very much, and then they chill us afterwards; and by this Obſervation we diſcern the Abſurdity of that Averſion moſt People retain againſt Cold Bathing, as if it would overchil them, whereas 'tis evident, that Cold Baths heat them who uſe them, more than the Hot Baths which make us ſenſible of the leaſt breath of Air, and tender for a long time afterwards. It muſt be acknowledged, That Cold Baths directly produce a Senſe of Coldneſs upon their firſt Application to the Skin, but by that Coldneſs the Skin is contracted, and the Humours compreſſed and ſtopt within the Body, which produce Heat and Burning. On the contrary hot Baths by their actual Heat affect the Skin, and open the Pores, and by rarifying Humours great Sweats are produced, which occaſion great Chilneſs afterward; of which we are very ſenſible after our Sweats by Exerciſe, which always cool us by the Evacuation of Humours; but it heats us, if they do not ſucceed upon Exerciſe. By all theſe Re-

flexions we find, that Heat ſucceeds Cold, and Cold Heat naturally; and for this end we heat Water that it may ſooner Cool and Freeze.

3. The Subject on which both Hot and Cold Baths have their immediate Effects are the Skin, and the aerial Spirits contained in the Animal Humours. The moiſtening of the Skin is but of ſmall Effect, and of no great conſequence in Phyſick; but the condenſing and rarifying the ſpirituous Air of our Bodies, has conſiderable Effects. Its Quantity and Elaſticity is increaſed by Cold Baths; but is much evacuated and weakned by Hot Baths: and on theſe Alterations of the inward Air does all the Virtue of Hot and Cold Baths depend immediately, as will be hereafter proved.

4. Neither Hot nor Cold Baths can Cure any Cacochymia's, but only their Hot and Cold Qualities, or their Rarification and Condenſation, which are the Effects of a Fermentation, either running too high or ſtanding too low.

According to *Hippocrates*'s Notion, there is naturally in our Bodies, Bitter, Salt, Sweet, Acid, Acerb, Inſipid, and many other Taſtes: (and by theſe I diſtinguiſh the ſeveral kinds of natural Conſtitutions) for when our Humours are well digeſted,

well tempered, and well mixt, we enjoy a perfect Health, which being seldom found, some one of these Tastes predominate; and we may denominate each Constitution by the Taste of that Humour which abounds. *Hippocrates* observes farther, That Diseases are produced, if too much Sweet, Bitter, or Salt, be produced, or they be too high digested, exalted, or separated from the rest: so Fevers do not depend on Heat alone, for that is the Effect of an Effervescence; but the various Cacochymia's which effervesce are the Bitter, Salt, Acid; and these *Hippocrates* knew, and called them the Hot Bitter, Hot Salt, and Hot Acid; and the Cold Cacochymia's he called the Acerb, and the Cold Insipid. And by these Tastes 'tis plain, that not only Fevers, but also Fluxes of Humours, Obstructions, and Effervescency, ought to be distinguished into their several Species, that we may prescribe not such Specifick Tastes as are proper for the Disease in general, but such as are suited to the several Constitutions, in which any of the mentioned Diseases are produced.

By this Description of the several natural Constitutions, and the Morbifick Matter, 'tis evident, that Cold and Hot Baths can only heat and cool, and change those Qualities

lities in us. But in our Patients, beſides Bathing, we muſt purge off the Quantity, and by contrary Taſtes, correct the Exaltation or Degeneration of any Humour, or new mix it; temper its Acrimony, or digeſt its Crudity. Our Patients ought therefore to be well prepared before Bathing, and continue a ſuitable Diet, and courſe of Phyſick afterwards. Therefore I muſt remark this as an abſurd Humour in our Patients, to expect that Bathing ſhould compleatly Cure every thing, whereas it is but like all other external Applications, and ought not to be uſed till ſome general Method has prepared the Body for it.

5. That *Hippocrates* here underſtands Cold Baths, I may prove by this Expreſſion, λουόμενος ψυχρῷ. And Mr. *Dacier* tranſlates that, *en ſe baignant dans l'eau froide.* And when he deſcribes the Perſon who heats himſelf, he mentions the way of doing it, λιλεῳ θερμῷ; by which *Hippocrates* always underſtands Hot Baths. And *Dacier* tranſlates it, *par une bain chaude*: But the Senſe of thoſe Words I will farther prove by the next Remark out of *Hippocrates* in his ſecond Book of Diet.

Hot Baths extenuate and cool them, who uſe them faſting; for by the heat they evacuate the Serum out of the Body, and that

being evacuated, the Body is cooled: but if we use them after eating, they heat and moisten by rarifying the great quantity of Humours, and swelling up of the Habit of the Body. Cold Baths have a contrary Effect, for the Cold produces a kind of Heat in them, who use them when they are empty, and they take away the Serous Humidity from them, who use them after eating, and by their coldness they increase the present driness of the Body.

The Remarks I shall make on these Observations, are,

1. *Hippocrates* does evidently here describe the Effects both of Hot and Cold Baths; for before these Observations, he says, περὶ δὲ λουτρῶν ὧδε ἔχει; and by the word λουτρὸν, he always understands Baths.

2. He proposes the use of Hot and Cold Baths, both when we are empty, and after eating, and gives us the Effects of both; when we design to heat, we must use the Cold Baths fasting; and when we design to dry the Body, we use the Cold Baths after eating, which causes Evacuations of the Nutriment by Urine, Stools, and Sweat; the coldness contracts the Skin, and thereby hinders the Afflux of Humours

mours outwardly, the Circulation is turned inward, and cauſes not only the drying of the Serum in the Habit of the Body, but alſo the Evacuations I have mentioned; And hence I may alſo obſerve, that in uſing of the Cold Baths faſting, the Body is not cooled but heated, nor any of the Evacuations do ſucceed to extenuate the Body. In the uſe of Hot Baths faſting, the Body is extenuated by ſweating of the Serum, which *Hippocrates* calls the τὸ ὑγρὸν; and therefore Cold Baths uſed faſting keep in the Serum, and heat the Body by cloſing its Pores; and by cauſing a great Rarification of Humours after they are once compreſſed, (by the Elaſticity of the Air being incloſed in them).

Cold Baths after eating cool, becauſe the crude Nutriment as well as Cold Water, both hinder the Rarification of Humours, and becauſe of the Evacuations mentioned; but Hot Baths violently Rarify the new nutriment, and by relaxing the Skin, cauſe the plumping up of the Habit of the Body by it; but becauſe of the Crudity of the Chylous Serum it will not eaſily perſpire.

I ſhall next proceed to give an account of *Hippocrates*'s Obſervations concerning the Effect of Cold, out of his Tract, *Con-*

cerning the Use of Liquids, which being an Imperfect Tract, is only Observations; and the design of it is to shew the right use of Cold as well as Hot; and though he mentions not Bath, yet we may infer, if Hot and Cold can produce any considerable Effects in any part, it will do the same on the whole, he mentions, περὶ τῆς σώματος ἁπαντος ἢ μέρους. And I think Bathing is most properly called the Fomentation of the whole Body. He seems there to design to explain the general Effects of Liquids, when he gives us the account of the general Effects of Water, in moistening, heating, and cooling. Moistening respects the Skin, but heating and cooling shews the Effects it has on the Humours; and when 'tis drank, it has no other good or bad Effects. By this Observation we may be instructed how much the external Use of Medicines agrees with their inward Use, and from the outward Use we may learn the inward good or bad Effects.

He makes the Skin of the Patient the Judge of the Heat and Cold, or else the Skin of him who pours on the Water; and he advises both to be endured till the effect desired is produced; but that we should not proceed to any great excess which will injure the Body. This is a fit

Cau-

Caution to be uſed in Cold Baths as well as the Hot; we muſt ſtay in them ſo long as to produce a moderate Effect, but not ſo long as to burn us by heat, nor congeal us by Cold. If we ſtay but a ſmall time in a Cold Bath, it will produce but a ſmall Effect; but if we ſtay long, it will produce a great one, and too long will deſtroy our natural Heat. He mentions the Inconveniences which enſue upon an exceſs in the uſe both of Hot and Cold Water in Fomentations. And the ſame I may apply to Baths, had places for Baths been more common in *Hippocrates*'s days. All theſe Directions about Fomentation, and *Lotions* or *Affuſions* of Water would have been applied to Baths; but he complains in his Book, *Concerning the Diet in Acute Diſeaſes*, pag. 65. that Conveniences for Bathing, and fit Servants for that uſe, were to be found but in few places. I ſhall therefore continue to make a Parallel betwixt Fomentations and Baths, as to their Effects, and I muſt mention the Effects of Heat, that thoſe of Cold may be better underſtood. Exceſſive Cold has theſe Effects, it blackens Inflammations by contracting the Skin; it hinders Perſpiration, and the Circulation of the Blood through Tumors;

it very much compreſſes the Air in our Humours, and venal Blood looks blacker than the Arterial, becauſe the Motion and Rarification of it is much leſs. He farther ſays, That exceſſive Cold cauſes feveriſh Rigours, Convulſions and Diſtentions, all which depend on the ſenſe of Chilneſs, which gives the ſhivering in the Skin, and occaſions its Contraction, and the greatneſs of the Senſation of Cold produces the Contraction and Convulſive Motion of the Muſcles and their Tendons, and the *Tetanus* is only a laſting Cramp. When we obſerve any of theſe diſorders mentioned, we muſt conclude, that we have ſtayed too long in the Cold Bath; the Effects of exceſſive Cold are alſo ſoon felt on the Breaſt, Stomach, and Belly, becauſe we uſe to keep thoſe Parts more warm than the reſt.

He gives theſe Effects of exceſſive Heat, that it bliſters the Skin; and this I believe it effects by rarifying the Air contained in our Humours, as Cupping-Glaſſes do. To this Effect of Heat I may aſſign a contrary Effect in exceſſive Cold, which contracts the Skin like a Gooſe-Skin, and makes it very pale. Exceſſive Heat effeminates the Fleſh, that is, it makes it very ſoft, therefore exceſſive Cold hardens it, exceſſive heat

heat debilitates the Nerves, and ſtupifies the Spirits by evaporating of them. Exceſſive Cold muſt congeal and compreſs them too much. Exceſſive Heat cauſes Hemorrhagies by rarifying the Air in our Humours. Exceſſive Cold ſtops all Fluxes of Blood, by condenſing and over-compreſſing the Animal Spirits in our Humours; theſe Effects of exceſſive Cold are not expreſſed by *Hippocrates*, but I may juſtly infer them from the contrary Effects of exceſſive Heat.

Whilſt we are in Health, *Hippocrates* gives us theſe Obſervations of hot and Cold: a Mediocrity of them profits us; and whilſt they pleaſe us, and are eaſily born, they do us good; but they injure us when they give us pain, and are difficultly born.

The Parts of the Body which are naturally covered, are pleaſed with Heat, ſuch as the Brain, Nerves, Back-marrow, the Breaſts, Loins, Stomach, and Hypochondria's, and the Fleſh; theſe being uſed to a moderate degree of Heat, are much offended by Cold when they are uncovered; but any of theſe Parts being preternaturally Hot or Cold require the contrary, and are pleaſed with it; and when they are hot, the drinking of Cold Water is moſt acceptable,

table, as well as the ſame in outward Applications. As Heat cures all the Febrile Rigours, Convulſions, and Diſtentions, which Cold produces; ſo Cold cures all the ill Effects of Heat above mentioned, and Cold is as neceſſary as Heat to alter the ſolid Parts, and the Humours contained in them.

I will deſcribe the Effects of Heat upon diſeaſed Bodies, and ſhew thereby the Effects of Cold in contrary Caſes; and herein deſcribe them as *Hippocrates* has done, though in a different manner, to avoid the Repetition he has made of them in this Tract.

The hot Fomentation of the whole Body, or of its Parts, (and the ſame is the Effects of Baths) mollifies the Skin, which is too hard, and relaxes the tenſe, becauſe Heat rarifies the Humours contained in the Veſſels, and thereby mollifies it; relaxes the Skin by mollifying of it. Cold on the contrary condenſes the Humours, and occaſions the Contraction of the Membranes of the Skin, therefore it makes the lax Skin tenſe and hard.

Heat attracts the Humours and Nutriment into the Fleſh and Nerves; therefore Cold on the contrary repels them.

Heat

Heat opens the Pores for Sweat, but Cold ſhuts them up and hinders it.

Heat is proper for the moiſtening by a Fomentation the Noſe, Womb, Bladder, and Anus, becauſe they are naturally kept warm; therefore Cold is injurious to them all, if ſwelled or dried.

Heat diſcuſſes Winds, therefore Cold increaſes them; but in Youth, and in the Summer-time, and in a fleſhy Habit of Body, a large Perfuſion of Cold Water recollects the heat, and cures Diſtenſions without Ulcers. The ſame is the Effect of Cold Baths, which produces contrary Effects to Cold Fomentations, becauſe they produce Sweats, Urine, Stools, and the Menſes, as I am informed by the Women. And probably for their Hemagogue Faculty. *Hippocrates* obſerves, That Cold Bathing makes bloody Urine worſe, which none of the Interpreters ſeem to have well underſtood.

A moderate Heat increaſes the Fleſh, and Cold ſhrinks and hinders its growth, becauſe it repels the Circulation inward; but Heat attracts it outward, and thereby ſoftens; and if immoderate, it melts and diminiſhes the Fleſh, and extenuates the whole Body.

Heat

Heat recalls the Colour, but if immoderate, it diſſipates the Nouriſhment and Colour. Cold makes the Skin very pale, like Millet, or a Gooſe-Skin.

Hot Fomentations of the Head, or other Parts, occaſion Sleep, by exhauſting the Spirits; therefore Cold will hinder Sleep, by preſerving the Vigour of the Spirits. Heat cures Spaſms, and eaſes the Pains of Cramps, and all Pains of the Eyes, Ears, and ſuch like; and this it does by diſcuſſing the rarified Air which cauſes thoſe Diſeaſes. Cold Fomentations increaſe all thoſe Pains, though Cold Baths by producing Sweats eaſe them.

Hot Water agrees with the Eyes pained with ſharp Rheum, and all Drineſs and Ulceration of them.

Cold Water is proper for inflamed red Eyes without Pain, and againſt all Suppuration, and hardneſs in them.

Water may be applied externally with a Sponge to cool the Eyes, to deterge and moiſten the Membranes, and to dilute the Salt-Tears, or ſtop Defluxions of Salt-Serum through the Glands of the Eyes.

Heat helps the Parts over-cooled, and Cold refreſhes the Parts over-heated.

Heat

Heat promotes Suppuration, and Cold hinders it by ſtopping the Afflux of Blood, and the Rarification of Humours.

Heat mitigates Febrile Rigours, Diſtentions, Convulſions, and Heavineſs in the Head, all which Cold increaſes. Heat helps the hardneſs of the Limbs after Inflammations or Contractions.

Heat is proper for Fractures, Luxations, Wounds in the Head, for Bare-bones and Ulcers, which do not Bleed, for all Parts mortified or ulcerated by Cold, for the eating Herpes, or Blackneſs in the *Anus*, Gums, *Uterus*. Cold is injurious to all theſe, and offends Ulcers, becauſe the Parts have been uſed to be covered, and it ſtops the Afflux of Humours; but heat is like Pitch to Ulcers, helping their Suppuration.

Hippocrates adviſes us to be more careful in the uſe of cold things than hot, becauſe 'tis leſs agreeable to our Natures; yet he freely recommends cold Applications in Hæmorrhagies, and all Inflammations whilſt recent; but it blackens old Inflammations. He commends cold Water for the Red Puſtules in the Skin, in ſuch as have ſwelled Spleens; and in thoſe which happen by hot Baths, or the Obſtruction of the Menſes, or the ſtop of Sweat, or rough Garments.

ments. By the Puſtules in the Splenetick, 'tis evident he underſtands either the Scorbutick, or Leprous. *Note*, That he here mentions Hot Baths, and he therefore muſt be ſuppoſed to preſcribe Cold Baths to cure the Puſtules raiſed by them. I muſt remark farther, That he preſcribes Cold Water for the Cure of the Puſtules coming by the ſtop of the Menſes, therefore Cold Baths are alſo good for the Menſes, and it is likewiſe proper for ſwelled Spleens.

If he had deſigned the Deſcription of Cold Baths, and their Effects, he could not have done it more plainly than in the following Words;

Both Hot and Cold Water are good for the Tumours of the Joints, and for Podagrick Pains without Ulcers, and moſt part of Convulſions. He that pours upon any part much Cold Water, extenuates it by cauſing Sweats, and ſtupifies the Pain, and a moderate Stupor takes away Pain. Hot Water extenuates the ſame, and ſoftens them.

Note, That *Hippocrates* deſcribes the Application of Cold Water by theſe Words, ὑγρὸν πολὺν καταχέειν, which has the ſame Effect as Cold Baths.

Both the Hot and Cold Baths are good for the Gout, Reſolution of any part, Diſtentions, Convulſions, and ſuch like; for Stiffneſs,

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Trembling, Palsies, or slight Apoplexies, and such like; for Lameness, Torpors, loss of Speech, and Suppressions of the inferior Parts.

By these Observations we know that *Hippocrates* understood, That Cold Baths as well as Hot cured the Obstruction of the Nerves in Palsies, Tremblings, Loss of Speech, Relaxation of the Limbs, Torpors, Stiffness.

He observed how the windy Spirits were compressed or discussed in Pains, Convulsions, Tensions. He ascribes the opening of Obstructions, of the Menses, Urine, Stools, to Cold Water, as well as Hot. The reason of all these great Effects he also observed, Ψυχρὸν πολλὴν καταγυσις θέρμης ἐπανάκλησιν ποιεῖται· θέρμη δὲ ταῦτα ῥοᾶται; by which 'tis evident that *Hippocrates* understood, that Cold produced Heat, and that that Heat cured the Diseases, for which Cold Baths are most effectual. Therefore all the Injury of Cold Baths, is from the staying in them too long, or repeating them so oft as to suffocate or congele the Heat necessary to Cure a Disease. From this Aphorism 'tis evident, That he prescribed them θερεῖ μετὸς in the Summer, not in the Winter, and νέῳ δοὺς ἐχῳ, to a young Man of good habit of Body.

In

In the Aphoriſms which ſeem to be collected out of the Tract of Liquids, I obſerve, that he deſcribes the exceſs of Hot Baths by πλησάνας χρωμένους; therefore we muſt avoid too oft Repetitions of Cold Baths as well as Hot.

In the Aphoriſms relating to Cold Baths, *Lib.* V. he diſtinguiſhes the Pains for which Cold is injurious, and they are thoſe which preceed Suppuration, or Pains depending on Suppuration: but by the preceeding Tract of Liquids 'tis plain, That both Rheumatick Pains and Windy Pains are cured by Cold only, ὀδύνην ἀνεκπύητον ποιέει, 'tis the only Pain cold injures. In the Aphoriſms, Cold, ſuch as Snow and Ice, is obſerved to produce Coughs, to break Veins, and to cauſe Defluxions. Cold Air therefore heats as well as Cold Water, and produces the ſame Inconvenience in Bodies diſpoſed to them. Since I find theſe Aphoriſms agreeable to the Tract of Liquids, I may conclude, That that Tract was his as well as the Aphoriſms; and by theſe we may diſtinguiſh his Writings. I obſerve farther, that he deſcribes in his Aphoriſms the Virtues of Hot and Cold, without mentioning of Fomentations, Affuſions, or Baths; but the τὸ ψυχρὸν, or τὸ θερμὸν, relate to all of them equally.

equally. That *Hippocrates* well underſtood the Uſe of temperate Baths is certain, by the Direction he gives about them in his Book, *Of Diet in Acute Diſeaſes*, that he adviſes to Bathe, and that the way to the Bath be ſhort, and without Smoak, and that there be all Conveniences for Bathing, and that the Perſon bathed ſhould permit the Perfuſion and Deterſion to other Perſons, doing nothing but being ſilent themſelves. The Perfuſions which anſwered our pumping, ἐπαναλούσας, ſhould be quick, the Deterſion by Sponges, and the Body to be anointed before very dry. After Eating immediately we muſt not Bathe, nor Eat immediately after Bathing. He recommends temperate Bathing for Inflammations of the Lungs, and Pain of the Back, Sides, Breaſt, becauſe it ripens the Spit, and helps it up; and this we ought to imitate in ſtop of the Spit; it promotes Urine, helps the heavineſs of the Head, for which we ought to bathe our Patients in that Caſe in temperate Baths.

We ought not, according to his advice, to Bathe them who are too Looſe, nor too much Bound, nor before purging. We muſt not Bathe the Fainty and Weak, nor the Nauſeous, and thoſe who are

diſpoſed to Vomit, or have a Cholerick Windineſs in their Eructations, nor thoſe who are apt to Bleed, nor thoſe who live on thin Diet, or are feveriſh. I have here preſented you with enough to prove, that *Hippocrates* knew the Virtue both of Hot and Cold Baths, and the right Uſe of them.

Hippocrates alſo has made the Uſe of Hot and Cold Baths, part of his *Gymnaſtick Art*, when in his Third Book of Diet he directs us after the Exerciſe of the *Palæſtra* to bathe in Cold Water, but after other Exerciſe in Hot Baths.

But before I conclude, I muſt give you a Cure of that ſort of *Hypochondriack* Affection, which *Hippocrates* deſcribes to affect the Stomach with Pain and Vomiting of Choler and Phlegm; and when they take Nouriſhment, they are troubled with Winds, their Head akes, and pricking Pains are in their Limbs, which are alſo Weak and Feeble; they burn and have a high Colour in the Face. For the Cure of it, *Hippocrates* propoſes Exerciſe, Travels, Purges, and Vomits frequently, and a Cold Bath in the Summer, and in Autumn and Winter anointing with Oyls, Aſſes Milk, and to abſtain from ſweet, fat, and oyly Diet, and to keep the Body open, and to uſe Glyſters and cool Diet. If

If I had quoted no more than this one Caſe, it is ſufficient to juſtify my Deſign of Erecting a Cold Bath for the benefit of this Country; for the ſame Cauſe will oft fall in our Hands, and amongſt many other Remedies, Cold Baths are neceſſary for the Pains, Weakneſs of the Limbs, Winds, and Convulſions. And by this Example, *Hippocrates* teaches us not to depend on Cold Baths alone, but to uſe them in a rational Method after general Evacuations, and not to neglect other Remedies, which joyned with Cold Baths, will after ſome time effect the Cure.

See *Hippocrates* of Diet, &c.

The want of a true Notion about the Effects of Cold Baths, has made the Tract of *Hippocrates*, concerning Liquids, very obſcure to all Tranſlators, and they have not well diſtinguiſhed, that the Virtues in the beginning belong to *πυρίη*, and thoſe repeated at the latter end, to *κατάχυσις*, which was performed by the Servant who uſed to pour Water upon Perſons, who bathed either in Hot or Cold Baths, as I could prove from *Hippocrates*: But I muſt deſiſt at preſent, and ſubmit all to your curious Judgment, and beg the

favourable Cenſure of what I have Writ, and your kind Aſſiſtance in promoting my Deſign of Erecting a Cold Bath. In which I hope the Opinion of *Hippocrates* will engage you, as well as your (usual) Candor and Reſpect to,

SIR,

Your very humble Servant,

Litchfield, December 1. 1700. JOHN FLOYER.

MY Deſign being to recommend the Uſe of Cold Bathing to this Country, I thought it neceſſary for the eaſy

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LETTER III.

Concerning the Ancient Immerſion of Infants in Baptiſm, and the Benefit thereof in curing many of their Infirmities, and the preventing Hereditary Diſeaſes.

Candidus egreditur nitidis exercitus undis;
Fulgentes animas veſtis quoque candida ſignat,
Et grege de niveo gaudia paſtor habet.

To the Reverend the Dean, and Canons, Reſidentiaries of the Cathedral Church of Litchfield.

My Reverend Friends,

MY Deſign being to recommend the Uſe of Cold Bathing to this Country, I thought it neceſſary for the aſſuring all People of the Innocency of that Practice,

ctice, to represent to them the Ancient Custom of our Church in the Immersion of Infants, as well as all other People at their Baptism. And I do here appeal to you, as Persons well versed in the Ancient History, and Canons, and Ceremonies of the Church of *England*; and therefore are sufficient Witnesses of the Matter of Fact which I design to prove, *viz.* That Immersion continued in the Church of *England* till about the Year 1600. And from hence I shall infer, That if God and the Church thought that Practice Innocent for 1600 Years, it must be accounted an unreasonable Nicety in this present Age, to scruple either Immersion or Cold Bathing as dangerous Practices. Had any prejudice usually happened to Infants by the trine Immersion, that Custom could not have been so long continued in this Kingdom. We must always acknowledge, that he that made our Bodies would never command any Practice prejudicial to our Healths, but on the contrary he best knows what will be most for the Preservation of our Healths; and does frequently take great care both of our Bodies and Souls in the same command. He has oft made that our Duty which highly tends to the Preservation of our Health. I may

in-

inſtance in faſting and ſubduing the Affections, and almoſt all ſort of Moral Duties. The ſame I deſign to prove, that though he deſigned Immerſion as a Baptiſmal Rite for the Repreſentation of the waſhing away all Original Sin; yet that alſo might be a natural Means for the curing the Infirmity, and preventing Hereditary Diſeaſes in Infants.

And if I can prove, that the Uſe of Immerſion will be very advantageous to the Health of Children where Diſeaſes are Hereditary, I may help to revive the Ancient Practice of Trine Immerſion, which the Church does yet recommend to all Perſons, when in the *Rubrick* it commands the Dipping of the Perſon to be baptized diſcreetly and warily. And in this Diſcourſe I deſign to prove only theſe two Things. 1. That Immerſion was practiſed from the beginning of Chriſtianity, for 1600 Years; and this Phyſical Uſe I ſhall make of this Point, that they who well conſider that Ancient Cuſtom, cannot retain any Scruples againſt the ψυχρολουσία I ſhall recommend. The ſecond thing I will endeavour to convince my Country of, is the uſefulneſs of the Trine Immerſion to their Children, eſpecially in Families ſubject to Hereditary Diſeaſes.

I will begin with the first, That it was the general Practice of the Primitive Church to Baptize their Converts in Fountains, Ponds, or Rivers, and after that manner all Nations, whether *Northern* or *Southern*, received the Baptismal Ablution.

The Holy Scriptures inform us, That St. *John* baptized in *Jordan*, and this was part of our *English* Liturgy, That by the Baptism of thy well beloved Son, *Jesus Christ*, did sanctify the Flood *Jordan*, and all other Waters. *Paul* baptized *Lydia* in a River. And *Philip* baptized the Eunuch in a Water, of whom 'tis writ, that they went down both into the Water. *Tertullian* affirms, That *Peter* baptized many in the *Tyber*.

'Tis certain, That there were no Baptisteries built till after the Second Century, and then they were not built in the Church, but out of it, and near to some Cathedral, where the Bishop used to Baptize at the Eves of *Easter* and *Whitsuntide*.

'Twas the Custom to Baptize both Men and Women naked. And so *Constantine*, in the 65th Year of his Age, himself was baptized, though the first Christian Emperor: And *Metaphrastes* attests, That after he was naked, *Piscinam ingressus est, An. Christ.*

Christ. 348. 'Tis related, in the History of the Church, That *Polycarp* baptized *Tranquillinus* naked, though he had a great Pain in his Hands and his Feet.

St. *Chrysostom* interprets the word Baptize by Immersion, *Trina Mersione baptisma cuique tribuere*: And he mentions the Priest, *In loco superiori stans rem illam demergit*; and *Chrysostom* lived *A. C.* 382. *Chrysost. Homilies.*

I will mention a Quotation out of St. *Ambrose*, *De Sacramentis*, who lived *An. Christ.* 381. because he most particularly describes the trine Immersion. Thou art asked, *Dost thou believe in God the Father?* Thou answerest, *I do believe*; and thou wert dipped. Again thou wert demanded, *Dost thou believe in the Lord Jesus Christ?* Thou answerest, *I do believe*; and then thou wert dipped again. *Thirdly*, Thou wert asked, *Dost thou believe in the Holy Ghost?* Thou answerest, *I do believe*; and thou wert dipped a third time.

St. *Cyprian* gives a sufficient Testimony of the Baptism by Immersion, in his 96th Epistle, in answer to *Magnus*, in these Words, *Quæsisti, mihi charissime, quid mihi de illis videatur qui infirmitate & languore gratiam Dei consequuntur, an habendi legitimi Christiani quod aqua salutari non loti, sed*

ſed perfuſi. To which he gives this Anſwer, *In ſacramentis ſalutaribus neceſſitate cogente & Deo indulgentiam ſuam largiente totum credentibus conferunt divina compendia.*

In an old Ritual lent me by the preſent Chancellor of our Diocels, I obſerve the *Benedictio fontium*, and that the trine Immerſion was poſitively preſcribed in the Form of a Croſs; but if any one was ſo Sick that he could not ſafely be Dipt, *ſufficit illum aqua aſpergi.*

Gregory the Great, who lived *An. Chriſt.* 590. introduced the ſingle Immerſion in Oppoſition to the *Arrian* Herely.

I obſerve that in *Gratian's Decretals*, and *Gregory's Decretals*, both the ſingle and trine Immerſion are oft mentioned.

In the time of *Clodoveus*, the *French* King's Baptiſteries were built in the *Weſtern* Church, and placed near the Door on the Left-hand, they were parted in the middle by a Travers of Wood, one part was allotted to the Women, and the other to the Men, and Deaconeſſes were appointed to aſſiſt in the Baptizing of the Women. The Cuſtom of Baptizing naked Women is deſcribed by St. *Chryſoſtom*: And this as *Caſalius* affirms, continued in the *Weſtern* Churches till the Year 1140, when it ceaſed

ed in many places, but continued in the *East*, and others of the *West* ſtill retained it longer. In all theſe Baptiſteries they uſed Immerſion, and they deſcended by Steps into them, as into a Sepulcher, becauſe we are ſaid to be buried with him in Baptiſm; and it was the Cuſtom of the God-Fathers to receive the Men, and the God-Mothers the Women, as they came out of the Water.

Becauſe it may be objected, That this Practice may be fitter for the hot Climates than the colder, I will give ſome Inſtances out of *Bede*, *Spelman's Concilia*, *Linwood*, and *Sparrow's Collection of the* Engliſh *Canons*, to prove, That Chriſtianity was planted in *England* by the Uſe of the Immerſion, and that it was continued in *England* after the Reformation, during the Reign of *Edward* VI. and Queen *Elizabeth*.

Spelman in his firſt Part of his *Concilia*, gives us an Account, That *Lucius* writ to *Eleutherius* to ſend ſome Miſſionaries into *England*, to Convert and Baptize the Nation, and that he accordingly ſent *Phaganus* and *Derutianus*, who in the Year 166 preached, and baptized the King and his People, (*Regem cum ſuo populo ſacro fonte abluerunt*).

Bede

Bede in his Second Book relates how *Paulinus* baptized King *Edwin* at *York*, at *Eester*, in the Year 627, and at the Village *Rigin*, in the Province of the *Bernicii*, he baptized a great number of People in the River *Glen*, and in the Province of the *Deiri*, he baptized them in the River *Swalwe*. And *Bede* in *Lib.* 3. atteſts, That he baptized a great Multitude in the River *Trebenta*. And *Bede*, who flouriſhed in the Year of our Lord 696. gives this Reflexion, *nondum enim oratoria vel Baptiſteria, in ipſo exordio naſcentis eccleſiæ poterant ædificari.* *Bede* gives an Account of *Byrinus*, who Preached in the Province of the *Geviſſes*, and baptized both their King and his People, *Fonte Baptiſmatis*; and that *Oſwald*, the King of the *Nordhumbri*, being preſent, *Eum de lavacro excuntem ſuſcepiſſe.*

The Province of the *Mediterranean-Angli* were baptized by St. *Cedda*, and his Companions. And *Bede* deſcribes them whom they baptized thus, *Fidei fonte ſunt ablati.*

Wilfrid converted the *South-Saxons* to the Faith, *Et lavacrum ſalutis miniſtrabat.* *Edilwalch*, their King, was baptized in *Mercia*, whoſe King *Wulfhere* being preſent, *Bede* in his Fourth Book, makes him his God-Father; *A quo etiam de fonte egreſſus*

sue loco filii susceptus est. Bede in his First Book relates how *Ceadwalla*, the King of the *West Saxons*, left his Kingdom, and went to *Rome*, *Ut ad limina beatorum Apostolorum fonte Baptismatis ablueretur*; and that he was baptized, *Die Sancti Sabbati Paschalis, Anno* 689. By all the preceeding Quotations from *Bede*, 'tis clearly proved, That Immersion was the general Practice in the first planting of Christianity in *England*; and by the following Instances it will appear, that it was continued in the *English* Church till the time of King *James* I.

In *Spelman's Concilia*, Part the First, in the Synod of *Chelchyth*, under *Wulfred*, Archbishop of *Canterbury*, *Anno* 821. *Cap.* 21. I find these Words, *Sciant etiam presbyteri quando sacrum Baptisma ministrant, ut non effundant aquam sanctam super capita Infantum, sed semper mergantur in Lavacro, sicut exemplum præbuit per semet ipsum Dei filius omni credenti, quando esset ter mersus in undis Jordanis.*

That the same Custom continued afterwards, appears by the *Cassilian* Council in *Ireland*, *Anno* 1172. in Part Second, of *Spelman's Concilia*, where it was ordered, *Ut pueri deferrentur ad ecclesiam, & ibi baptizentur in aqua munda, trina mersione.*

And

And in the Year 1195. in the Council at *York*, it was ordered, *Ne in Baptismate plures quam tres suscipiunt puerum de sacro fonte.* And *Spelman* shews the continuance of Immersion by a Statute made in the Council at *London*, held 1200, *Si vero puer in necessitate baptizetur à laico, sequentia immersionem non præcedentia per sacerdotem expleantur.* Many more Testimonies of the Immersion may be observed in *Spelman*. In the Constitutions of *Ric. Episc. Sarum*, 1217. 'tis ordered, That in Baptizing of a Boy, there shall be but three, *Ad levandum puerum de fonte.* And in the Constitutions of *Rich. Episc. Dunelm.* 1220. 'tis ordered, That the Water where the Child is baptized, shall not be kept above Seven Days; and in the *Synodus Wigornienſis*; *Trina semper fiat Immersio Baptizandi, Anno* 1240. And in the *Synodus Exoniensis*, 1287. *Si puer rite baptizatus, non ipsa submersio, nec præcedentia, sed subsequentia per sacerdotem suppleantur.* And the *Synodus Wintoniensis*, *Anno* 1306. mentions the Immersion. I have quoted all the preceeding Passages from *Spelman*, whose Credit cannot be questioned; and I desire also thence to observe, that the Immersion was always used to Children, as well as Adult Persons.

I will

I will next produce *Linwood*, who began to write his *Constitutiones Angliæ* about the Year 1422. And he gives the Provincial Constitutions of *Edmund Epiſ. Cant. An. Dom.* 1234. *Baptiſterium habeatur in qualibet eccleſia Baptiſmali lapideum, vel aliud competens.* And a competent Baptiſtery *Linwood* interprets big enough for the Immerſion of the Perſon to be baptized. And *Linwood*, *Page* 242. gives theſe Remarks on the different ways of Baptizing, although Baptiſm may be performed by Aſperſion, or Affuſion of Water, where there is ſuch a Cuſtom, yet the more laudable Cuſtom is, that it ſhould be done by Immerſion; and tho' the Immerſion may be one, yet the Cuſtom of the trine Immerſion is more to be approved, becauſe it ſignifies our Faith in the Trinity, and the three Days ſepulture of Chriſt. Though this was the Opinion of the Canoniſts in his Days, yet 'tis plain, that the trine Immerſion continued longer in *England*: For *Eraſmus* noted it as a piece of Singularity in the *Engliſh* Church, becauſe in his time they uſed Immerſion; and it is evident by the *Rubrick* in King *Edward* VI's Days, that the *Engliſh* Church uſed that Practice: Then ſhall the Prieſt take the Child in his Hands, and ask the Name, and naming the Child, ſhall

shall dip it in the Water thrice: *First*, dipping the Right-side: *Secondly*, the Left-side: And the *Third* time, dipping the Face towards the Font, so it be discreetly and warily done. In the Common-Prayer-Book in Queen *Elizabeth*'s Days, the *Rubrick* says, Naming the Child, you shall dip it in Water, so it be discreetly and warily done; but if the Child be Weak, or be baptized privately, in case of necessity, it was sufficient to pour Water upon it.

King *Edward*'s Injunctions were published 1547. by which all People were forbid the breaking obstinately the laudable Ceremonies of the Church. And in *Sparrow*'s *Collection of Articles*, &c. In the Articles of Queen *Elizabeth*, 1564. 'tis ordered, That the Font be not removed, nor that the Curate do Baptize in any Parish Churches in any Bason, nor in any other Form than is already prescribed. And in 1571. *Liber Canonum*, *Postremo curabunt ut in singulis ecclesiis sit Sacer fons, non pelvis, in quo Baptismus ministretur, riteque decenter & munde conservetur.*

I have now given what Testimony I could find in our *English* Authors, to prove the constant Practice of Immersion from the time the *Britains* and *Saxons* were baptized, till King *James*'s Days, when the People

People grew peevish with all Ancient Ceremonies, and through the love of Novelty, and the Niceness of Parents, and the pretence of Modesty, they laid aside Immersion, which never was abrogated by any Canon, but is still recommended by the present *Rubrick* of our Church, which orders the Child to be dipt discreetly and warily.

I have been credibly informed by a Person of Quality, who had the Relation from Mrs. *Shaw*, an Ancient Midwife, that Sir *Robert Shirly*, in King *Charles* I's Days, caused three of his Sons to be dipped in the Font without any prejudice to them; and that one of that Honourable Family, who was thus baptized, is now living. I mention this, to shew the Opinion of some in those Days, who thought the Immersion Innocent; and 'tis probable that many others were very unwilling to part with this laudable and ancient Practice of Immersion.

I could not but observe these prudent Cautions used by the Primitive Church in the Ceremonies of Dipping.

1. The times of Baptism were appointed at *Easter* and *Whitsuntide* in the *Western* Churches; which, though it was a reli-

gious Practice in respect to the Death and Resurrection of our Saviour, and the sending of the Holy Ghost at those times; yet these times might be accounted more safe for the Immersion than the Winter; but the Immersion was also used at all times of the Year, when this Practice began to be disused; and in the *Eastern* Church they baptized at *Epiphany*, the time of our Saviour's Baptism.

2. The Ancient Church used Fasting before Baptism till Evening; but this was at last changed into a Morning Baptism; fasting or being empty makes the Cold Immersion less dangerous, as in Cold Baths.

3. The Ancients anointed the Child's Breast and Shoulders all over before the Immersion, and such Unction was also practised in Cold Baths.

By the time of the Year, the Fasting and Unction, 'tis evident, that the Church prudently consulted with our Physical Experience in the Circumstances of Immersion. And since Cold Baths were frequently used in *Augustus*'s Days, (and the following Emperors, till *Galen*'s time, and after) as appears by *Suetonius* in the Life of *Augustus*: And *Celsus* often mentions it as well as *Celius Aurelianus*; and *Galen* in his Tract for the Preservation of Health, has given full

full Directions concerning the Use and Benefit of it; all which I have quoted in my Treatise, *Of the Right Use and Abuse of Baths*: 'Tis no wonder that all Christians then freely used Trine Immersion, which the general Practice of Physick had then taught the World to be both safe and useful; and when Christianity was first planted, the Bath-Structures were turned into Temples, and the *Piscina's* or Cold Baths, were called *Baptisteria*, by *Pliny* Junior, and in them they baptized frequently.

I will next undertake to prove, That the Use of Immersion had a Natural as well as a Divine Virtue, which was the preventing of Hereditary Diseases, and curing some Infirmities in Infants. I cannot suppose that any body will assert that the Consecration does alter the Nature of the Water, but rather improves its natural Effects; therefore whosoever is immersed, must partake of all the natural Benefits which are produced by being dipped in Cold Water.

But before I give the natural Effects of Cold Water, I must remark, That the Church Historians attribute many Cures to a miraculous Power, as *Naaman* was cured by his being dipped seven times in *Jordan*, and the Cripples in the Pool of *Bethesda*.

These I have mentioned to shew, that miraculous Cures were done by the use of Water in the *Jewish* days; and some are mentioned by the Christian Histories. *Constantine* was cured of his Leprosy by his Baptism in the Pond he saw in his Vision, in which Pope *Sylvester* afterwards dipped him. The same Story is reported of *Clodoveus* by *Gregory Turonensis* at his Baptism, that he was also cured of a Leprosy, *Prodit novus Constantinus ad lavacrum deleturus lepræ veteris morbum*, Greg. Turon. lib. 2. It was the Custom of the Church to keep the Water in the Font locked up, to preserve it from Superstitious Uses, which were probably grounded on the Cures observed to be done by the Immersion in Baptism; and this might occasion some superstitious Uses of it in curing Diseases. It has been a proverbial Saying amongst the old People, *That if any one complained of any Pain in their Limbs, Surely that Limb had never been dipped in the Font*; by which we may observe, that the Common People believed that the Immersion prevented Rheumatick Pains, for which Cold Baths is very beneficial.

Anno 499.

'Tis very probable that the *Jewish* Prophets and Priests, had a great knowledge in Physick, as well as the Divine Rites; they

they were Judges of the Leproſy, and its Cure, and the ſeveral Species of it. In that hot Country, this Diſeaſe being common, they muſt obſerve all the Methods which Experience, or the Holy Spirit had ſuggeſted for the Cure of it. By the Miracles above cited, we find a Divine Preſcription for the Uſe of Immerſion; and by the ſudden Cures, 'tis certain the natural means of Dipping was much invigorated by a ſupernatural Virtue to cure the Leprous. In the cleanſing of the Leproſy they waſhed his Body as well as his Cloaths; and in that low degree of Leproſy in our *Northern* Climate, which we call *Lepra Græcorum*, I have known the Cold Bath at *Willowbridge* to have done much good. And for the Scurvy, Swimming in Rivers is oft preſcribed; and our Country has found by Experience, that the Cold Water in *Sutton-Park* cures all Scabious Affections, which have a like Nature as the Leproſy.

As Phyſicians have learned the beſt means to prevent and cure the Leproſy by the miraculous Cures of it; ſo ought all Perſons, in whoſe Family any Leprous Affections are hereditary, to conſider both the Miracles mentioned, and the natural Means uſed by Phyſicians for the helping that Diſeaſe. And thus to argue, 'tis

a Rule in Phyſick, That what will cure a Diſeaſe, will moſt effectually prevent it; therefore all the Children of Leprous Parents do want the Trine Immerſion in Baptiſm, which will in their tender Age correct the putrid Odor of Leprous Bodies, and cauſe a better Perſpiration of it. It cauſes Evacuations by Stool, Urine, Sweat; and thoſe may diſcharge much of the putrid Humours, which they derived from their Parents: And I muſt add this farther Direction, that ſuch Parents ought to breed up their Children to drink Water, and to abſtain from fermented Liquors, and Fleſh; becauſe theſe promote the Putrefaction in Leprous Bodies, and by a frequent uſe of Cold Baths, the increaſe of that Diſeaſe will be very much hindred.

The miraculous Cures at the Pool of *Betheſda*, Dr. *Hammond* conjectures to be from ſome natural Virtue the Water acquired from the Blood of the Sacrifices, which in great quantity was mixed with that Water, upon great Feſtivals; that bloody Water might cure the Leproſy, for which a Bath of Humane Blood is commended by the Ancients. 'Tis probable it was only the Vulgar Opinion, That an Angel moved the Water, when the putrid Blood did ferment, or rather ſome Mineral Fumes aſ-

ſcended

cended with the Spring in a narrow compaſs. And ſuch hot Places of ſmall Extent, we find in our Baths, where one only Perſon can ſtand to receive the benefit of it. But the Pool of *Bethesda* was certainly Cold Water, becauſe 'tis called the *Sheep-Pool*, for waſhing them before the Sacrifice; and therefore had its Virtue from the Blood which putrefied in ſome certain part of it, or rather from Mineral Fumes, and that cured the Blind, Lame, and Withered, (or Conſumptive) which lay in the Hoſpital called *Bethesda*, expecting the Ebullition, or moving of the Waters, which made them Sanative in an extraordinary manner. By this Inſtance we may obſerve how ready all Perſons are to admire and uſe Sanative Waters for the Health of their infirm Bodies: Imputing their Virtue to ſome God, or eſteeming ſuch uſeful Medicines, as Θεῶν χείρες.

I will next from the Sacred Hiſtory give ſome Examples to ſhew, that the Ablution in Cold Water was uſed by Divine Men, to prepare them for Divine Offices, and to diſpoſe them for new Doctrines. The *Jewiſh* Prieſts waſhed their whole Bodies before they went into the Temple to officiate, an Imitation of which were the Waſhings and Luſtrations of the *Gentiles*.

The *Jews* uſed a ſecond ſort of Waſhing of the whole Body, when they received Proſelytes into their Temple. The Proſelytes born of *Heatheniſh* Parents, received the *Jewiſh* Religion, not only by Circumciſion, but alſo with the Ceremony of Ablution of the whole Body, done ſolemnly in ſome River, where they ſat up to the Neck in the Water, and learnt there ſome Precepts of the Law. St. *John Baptiſt* took this Cuſtom from the *Jews*, and he baptized at *Ænon* in a Confluence of much Waters, all thoſe who repented of their Tranſgreſſions of the Moral Law, and believed the ſudden coming of the *Meſſias*. *John*'s Baptiſm was only a Ceremony to initiate all his Converts into his new Doctrine; and that like the Prieſt's Ablutions had not only a natural Power for the Ablution of Corporeal Impurities, but alſo it prepared the Mind for Divine Illuminations and Government, by compoſing the Heat and irregular Motion of the Spirits, and all Corporeal Impreſſions of Love, Anger, and all other Exceſſes, which the natural Temperament produces. Thoſe Spirits are moſt capable of Judgment, and Wiſdom, and Memory, which are ſtrong, lively, but tranquil in their Motion, and it is the certain Effect of the ψυχρολουσία to

in-

invigorate the Animal Spirits, and refresh them, to cure that Stupor which all hot Regiment produces in the Mind; and also the weakness of the Nerves produced by the same.

Cold Baths cause a sense of chilness, and that as well as the Terror and Surprize, very much contracts the Nervous Membrane and Tubes, in which the aerial Spirits are contained, and they being kept tense and compressed, do most easily communicate all External Impressions to the sensitive Soul; not only the External Senses are more lively in Cold Weather, but all our Animal Actions and Reasoning are then more vigorous by the External Compressure of Cold Air; and the same may at any time be produced by Cold Baths: but when the Air is warm and Wet, the Compression on the Body being abated, a Heaviness possesses the Head, and all the Senses are more sleepy and dull. And to prove that the Cure of most Infirmities of the Brain may be performed by Cold Water, I will transcribe the Words of *Celsus*, *Capiti nil æque prodest atque aqua frigida. Itaque is cui hoc infirmum est, per æstatem, id bene largo canali quotidie debet aliquando subjicere, semper tamen etiam si sine Balneo unctus est, neque totum corpus refrigerare sustinet, caput*

tamen

tamen aqua frigida perfundere debet. He farther obſerves the great benefit of the *frigida Lavatio*, as he calls it, to the Diſtempers of the Eyes, *Neque vero iis ſolis quos capitis Imbecillitas torquet uſus aquæ frigidæ prodeſt, ſed iis etiam quos aſſiduæ lippitudines, gravedines, diſtillationes, tonſillæ male habent, hic non tantum caput perfundendum, ſed etiam os multa aqua frigida perfundendum.*

'Tis a curious Remark which *Celſus* has made about the Uſe of Cold Bathing, that it's moſt uſeful in wet Weather, when all People are ſenſible of a Heavineſs and Dullneſs of their Spirits; theſe are his Words, *Præcipue omnibus quibus hoc auxilium utile eſt, eo utendum eſt, ubi graviùs cœlum Auſtri reddiderunt.* I have clearly proved Cold Immerſion to be uſeful in all the Infirmities of the Head and Eyes: And I might add, That Deafneſs has been lately cured by the ſame, in the Cold Bath at *London*. And from the Cure of theſe Infirmities of the Brain, we may infer, That the Ceremony of Ablution of the whole Body, had a good natural Effect on the Body, and prepared the Mind for the Reception of Divine Thoughts and Impreſſions, by purifying the Animal Spirits, and compreſſing their irregular Motions. And

ſince

ſince all Phyſicians and Moral Philoſophers, teach us to rectify the natural Infirmities of the Mind by a ſuitable Diet and Exerciſe, I hope you will not think this Reflexion extravagant, that I ſay all Divine Perſons have uſed the Immerſion into Cold Water upon the ſame Account, and that the Chriſtian Inſtitution has only improved that Ceremony, by the annexing great Benefits to the Performance of it, *viz.* The Admiſſion into the Church, the Remiſſion of Original Sin, and the Reception of the Holy Ghoſt, who by a Supernatural Power purifies and enlightens the Mind in a greater meaſure than the Power of the beſt natural Means we have can effect, which only alters the Temperament, introduced by the Original Sin of our firſt Parents. *Hippocrates* imputes all Wiſdom and Folly to our Natural Temperaments, which we may make better or worſe as to Wiſdom or Folly, according to our good or bad Regiment; for when the natural Heat, or *globuli ſanguinei* prevail too much above the natural Degree of Serum in our Humours, the Soul becomes too quick, precipitate, inconſtant, and furious. And he teaches us for that this Regimen, To increaſe the Serum by moiſtening Diet, to uſe only gentle Exerciſe after Eating, and to

avoid

avoid all Exceſs of hot Diet, which makes them furious; to eat rather Herbs and Fiſh, and to drink nothing but Water; to uſe moderate Exerciſe in the Morning, by walking to diſcuſs hot Humours; and he commends a Tepid Bath. But that a Cold Immerſion alſo has a general good Effect in all the Infirmities of the Brain, I have fully proved by the Quotations from *Celſus*; and becauſe Cold Baths ſtop the Circulation of Hot Blood to the Brain, they may therefore give a greater clearneſs to its Faculties. The effect of all violent Paſſions which diſturb the Judgment, is to carry a great Quantity of Blood to the Brain; and by a violent Circulation the Spirits are furiouſly agitated, which is very prejudicial both to Wiſdom and Prudence. I have therefore believed that Cold Bathing is a neceſſary Regimen for the obtaining of both, and not only a pure Ceremony for the Initiation of Proſelytes.

I will next conſider the uſefulneſs of Immerſion in the contrary Temperaments, where the natural Heat or Spirits are but few, and the Serum does too much abound; ſuch Temperaments make us Dull, Stupid, Fooliſh, and Slow in all our Actions and Senſes; for where the Circulation of Humours is ſlow, there the Animal Spirits act heavily.

heavily. And for these Tempers, *Hippocrates* prescribes this Regimen: to use a drying Diet, and to Eat little; they must use violent Exercise, and Purges of *Hellebor*, and Vomits, and Hot Stoves; and by these Methods they will attain great Health both in Body and Mind, and thereby become more Brisk, Wise, and Prudent. That Cold Immersion produces a Drines in over-moist Constitutions, is evident by the Evacuations it makes by Urine, Stools, and Sweats; and by a moderate degree of it, it produces a Heat and Ebullition in the Humours, which may be useful to Cold Temperaments; but in Hot Tempers we use a greater degree of Cold Immersion, to stupify and congeal the over-rarified Humors, as a slight continuance in Hot Baths rarifies and heats our Blood; but a longer use cools by Evacuations of Sweat. And so it is in Cold Bathing, we may use it in different degrees, and thereby produce contrary Effects; a little Cold heats, but an excessive starves us. Most Passions are attended with a disorderly Motion of the Spirits and Blood, which the Cold Immersion checks, or alters their Motions; for in Cold Baths the Pulse is small, slow and rare, and the Spirits suffer a shivering or tremulous Motion, and a Fright or Surprise,

prize, which certainly distracts any impressed Motion from the Body in its natural Passions, as well as the voluntary Passions depending on cogitation. That the Cold Immersion stirs up the Lethargick, we may observe by its Effects on a Drunken Man, who by a sudden Immersion into Cold Water, does presently become Sober, and makes great quantity of Water. We sprinkle Cold Water upon fainting Persons, which excites their Spirits to return into the Senses; but a great Terror and Surprize happens upon an Immersion, and that excites the drowsy Spirits to contract all their Tubes and membranous Vessels, by which all Sensation is made more lively, and all Actions of the Body more stong, and the stupid Mind is powerfully excited.

If we reflect on the vicious Regimen of Men of this Age, who addict themselves to too much Tobacco, Stong Ale, or Wines, or Strong Waters; to Salt, and high Sauces, and Gravies; to a constant Diet of raw roasted Flesh-meat, fermented Bread, and fermented Liquors, (without any such Intermission as the Church advises in Lent and Fasting-days) we may truly discern the occasion, or first Original of the Diseases most frequent amongst us, which depend

pend on a Blood too much heated, ſalt or inſpiſſated, or the Spirits over-rarified: ſuch is the Rheumatiſm, the Gout, Stone, Conſumptions, Convulſions, Scurvey, Apoplexy, Deliria, Melancholies, Hypochondriaciſm, Cancers.

If we alſo conſider the vicious Diet or Regimen of Women, who are taught to Drink not only Strong Wines and Hot Liquors, but all ſorts of ſugared and ſpiced Liquors, Chocolate, Coffee, Tea, from their Youth; they are oft uſed to Strong Broths, High Sauces and Pickles, Oyſters, Anchovies, Herrings, Muſhrooms, Strong Pottages, and Meat full of Raw Blood; theſe Errors in Diet produce all the Female Fluxes, Scurfs, Leproſies, Conſumptions, Hyſterick Diſorders, Cancers, Decay of Appetite, and ſpeedy Old Age. What Children are produced from Perſons, who have thus by an ill management corrupted their Blood and Spirits, muſt certainly inherit the Diſeaſes of their Parents, and after, if bred up in the vicious way of Living, they will ſtill increaſe the Propagation of the ſame Diſeaſes, which are very much heightned in their Virulency by the continuance of the ſame ill Regimen for two or three Generations. 'Tis certain that nervous Diſeaſes are of all moſt Hereditary.

ditary. And I have heard some complain, That Fits of the Mother, Hypochondriacism, Convulsions, and Apoplexies, are now more frequent than in former Ages; and these cannot be imputed to any thing more than the ill Regimen in Hot Diet, want of Exercise, and the vehement Passions of the Female Sex, as well as the Effeminacy of the Virile. That these Diseases may be much prevented by the Trine Immersion will be made very probable, since they may be much relieved, palliated, or cured by Cold Bathing. I will first describe the general Benefits of it which Infants have thereby, who are Born of Parents that have injured their own Healths by a hot Regimen. Such Infants, like their Parents, have a soft flaccid Flesh, and porous Skin: The Cold Immersion hardens their Flesh, and contracts the Skin, and makes it insensible of all the Changes of Weather. Such Infants have weak Limbs, and a stupidity of their Minds: The Cold Immersion will strengthen the Limbs and clear the Head, and excite the sensitive Soul to act more vigorously. No Distemper is more frequent in Infants than the Rickets; and since 'tis certainly known that Cold Bathing will cure them, as I shall hereafter prove, we may clearly infer

infer from thence, that the Immerſion in Baptiſm would probably prevent that Diſtemper, which ſeizes Infants from the ninth Month to a Year and a half. Since the Rickets is eſteemed a new Diſeaſe, I thought fit to conſider its Original in our Country, and I find that this Diſtemper is reputed to have commenced near the time when the trine Immerſion began to be diſuſed in our Church. We have this Account of the Origin of the Rickets in Dr. *Gliſſon*'s Book concerning them. The Rickets were firſt known in the *Weſt* of *England*, in the Counties of *Dorſet* and *Somerſet*, about thirty Years before the Writing of his Book; and the Second Edition of it was printed 1650. but the firſt ſome time before.

The Rickets therefore appeared firſt about the Year 1620. and afterwards travelled into all Parts of the Kingdom, and it was more rare in the *Northern* Countries, where they commonly cured it by Bathing in St. *Mungo*'s Well.

I have proved the continuance of the Immerſion, till after Queen *Elizabeth*'s Days; therefore by the diſuſe of it, the riſe of the Rickets was much promoted: for ſince Cold Baths are the beſt Cure, the Immerſion would have been the beſt Preſervative againſt them. Therefore what- 1603.

ever might be the first Cause of the Rickets, whether the neighbouring Hot Baths, or an Excess of the Use of them by its Borderers, or any Intemperance in Diet, I may certainly conclude, that the disuse of the Trine Immersion very much helped its spreading all over the Kingdom of *England*.

I will proceed farther to give the Effects of Immersion in other Diseases, to which Infants are subject.

Infants are subject to the Stone, and much fabulous Matter is settled in their Urinary Passages during their stay in the Womb; for which reason, Children are oft Born with the Stone. 'Tis certainly known that by Immersion into the Water the Suppression of Urine may be cured; therefore the Trine Immersion does very much cleanse the Urinary Passages, by occasioning great Quantities of Water.

Children are much troubled with Gripes if much Bound, but the Cold Immersion causes the purging of the Black *faces*, which cause the Gripes in Infants.

Children are subject to Pimples and Scabs in the Skin, Inflammations and Excoriations of it; the Immersion not only clears the Skin by Ablution of the same from the Salt Humour in which it swam in the Womb;

Womb; but that alſo produces Sweat, and tranſpires the Acid Salt Serum, which corrodes and inflames the Skin.

The New-born Children are ſubject to Inflammations of the Mouth, Navel, and of the Ears; Coughs, Vomits, want of Sleep, Frights, and Convulſions, *&c.* Moſt of theſe Diſeaſes depend on a ſharp Serum, which being evacuated by Urine, Stool, Sweats, which are occaſioned by their Immerſion into Cold Water; thoſe Diſeaſes will alſo be prevented by the ſame: which alſo contracts the nervous *Fibrillæ*, and thereby ſtrengthens all Parts againſt any Defluxion of Humours.

I have mentioned the Childrens Diſeaſes which the Baptiſmal Immerſion will prevent, and I think it probable that it may rectify the *mala ſtamina* of the ſolid Parts, and the ill Effervescency of the Fluids, by which hereditary Diſeaſes will in time appear. The Immerſion contracts all the ſolid Parts, and therefore ſtrengthens not only the Limbs, but the Glandules; of which nature, the Liver, Spleen, Kidneys, and Brain are, who all receive a better Tone thereby; all the hot Blood and Spirits, and their Veſſels are compreſſed, and the Child becomes hardy, brisk, and active, all which may very much prevent the growth

of Hereditary Diſeaſes; ſuch are the Gout, Stone, Aſthma, Convulſions, Melancholies, and other *Deliria*, Palſies, Apoplexies, Blindneſs, Deafneſs, Conſumptions, Rheumatick-pains, and King's Evil. And ſince Cold Baths are great helps in curing of theſe Diſeaſes, the Trine Immerſion may conduce very much to prevent the ſame.

I hope you will pardon me, my Reverend Patrons, for intermixing Phyſical and Spiritual things. I have made the Immerſion almoſt an Univerſal Remedy for our infirm Bodies, as well as a miraculous Purifier and Cleanſer of the Soul by its Supernatural Virtue.

The frequent Conſideration of this Subject hath afforded me theſe following Reflections, That all Divine Inſtitutions have ſuch large and diffuſive Virtue, as to remedy the Diſorders both of Body and Mind; ſo the Obſervation of Faſting-days in the Church preſerves the Health of the Body, and prepares the Mind for Divine Meditations. Our Saviour firſt cured the Diſeaſes of our Bodies, that thereby he might convince the Infidel *Jews* of his being the *Meſſias*, and thereby ſave their Souls.

The Second Reflexion I made, was, That the Church of *England* continued the Uſe of

of Immerſion longer than any other Chriſtian Church in the *Weſtern* Parts of the World; for the *Eaſtern* Churches yet uſe it; and our Church ſtill recommends the Dipping of Infants in her *Rubrick*; to which I believe the *Engliſh* will at laſt return, when Phyſick has given them a clear Proof by divers Experiments, that Cold Baths are both ſafe and uſeful.

The laſt Reflection I made, was, That they did great Injury to their own Children, and all Poſterity, who firſt introduced the Alteration of this truly Ancient Ceremony of Immerſion, and were the occaſion of a degenerate, ſickly, tender Race ever ſince. But this diſuſe is no way imputable to the Church, but to the perverſe Humour and Prejudice of the People, who would rather have no Baptiſm, than not have it according to the new Mode of the laſt Century.

Before I conclude, I ought gratefully to acknowledge the Uſe of ſome of your Books, I borrowed, relating to this Subject, as well as the kind Incouragement and Aſſiſtance in the Building of my Cold Bath. All the Reſpects I can return, is to chuſe you Patrons for this Eſſay, concerning the Old Ceremony of Immerſion; and I thought none ſo fit as the Governours of

our Church, who by their Eminent Piety and Learning are the great Ornaments of it. I beg your Acceptance of this ſmall Preſent I make you, and deſire it may be a Teſtimony of my great Eſteem for the Primitive Conſtitution of the *Engliſh* Church. And that I might hereby expreſs my Deſign of doing good, both to the Bodies and Souls of Mankind; I have exceeded, I know, the Bounds of my Profeſſion, and if I have any way deſerved your Cenſure in treating of theſe Eccleſiaſtical Affairs, I beg all your Pardons for my Miſtakes and Errors, which I hope you will freely grant to me, who am,

My moſt Reverend Patrons,

Your moſt Obliged

and Humble Servant,

Litchfield, December 15. 1700.

JOHN FLOYER.

LET-

LETTER IV.

Concerning some remarkable Cures done formerly, or lately performed by Cold Bathing.

Qui caput & stomachum supponere fontibus audent
Clusinis, Gabiosque petunt & frigida rura.
Horat. Epist. xv. ad Valam.

To all those Worthy and Obliging Gentlemen, who have contributed towards the Erecting the Cold Bath at Litchfield.

PHysicians oft find it a difficult Task to conquer the Aversions of Nice Patients, and to persuade them to use those Medicines to which they have not been accustomed, until they have first convinced them, that their Medicines are both safe and

neceſſary. I expect to find the ſame Averſion to Cold Bathing. I will therefore take the ſame Method to convince you, my Honoured Benefactors and Countrymen, that Cold Baths are both ſafe and uſeful. None will deny that that Method of Phyſick is ſafe, which has been long tried by the Ancient Phyſicians; and again, lately tried and well experimented by the Modern Doctors: and all will then admit that Cold Baths are uſeful, when I have proved that they are neceſſary, both for the Preſervation of our Healths, and for the curing many conſiderable Diſeaſes.

The Antiquity of Cold Baths is fully proved by what I have obſerved from *Hippocrates*'s Writings, and from thence I infer, That Cold Baths are as Ancient as the Hot Baths. And when I have hereafter given *Galen*'s Directions for the ſame, it will appear that Cold Baths laſted longer than the *Grecian* Monarchy, and that the *Grecians* had that Practice from the *Scythians*, *Ægyptians*, as well as all other Parts of Phyſick, which they improved, and communicated to the *Romans*: And that they commonly uſed the Cold Immerſion, appears ſufficiently by the Teſtimony of *Celſus* and *Horace*; and the Cure of *Auguſtus*, related by *Suetonius*; and by what

Seneca

Seneca writes of his own Practice. And *Pliny* largely describes the Cold Bathing in his time. *Cælius Aurelianus* gives us the Practice of *Soranus*, who in many Distempers, as the Asthma, &c. prescribes the *Psuchrolusia*, and he lived about *Trajan's* time. But *Galen* many Years after, and he practised at *Rome*, as well as among the *Grecians*, who also was well versed in the Art of Cold Bathing, and prescribed many Cautions about it. After him *Ægineta*. *Ætius* quoted what he wrote, and prescribed Cold Baths for the preserving of Health, and the curing of many Diseases. To all these I must add what we have by an uninterrupted Practice used, both at *Holywell*, St. *Mungo's*, *Willowbridge*, *Roothen-well*, and many other Cold Springs in *England*. If we had not these Practices from the *Romans*, we may be supposed to have learnt them by our own Country Experience; for Nature seems to have taught all Nations the Use of Cold Water, where the Art of Physick has never been yet known; as in *Tartary*, *Muscovy*, and amongst the *Indians*; so that we may esteem the Use of Cold, as well as Hot Baths, to be from the Dictates of our Natural Reason and Senses, whereby we are taught to heat our selves by Fire, and cool our over-heated Bodies by Water.

Cold

Cold Baths were older than *Hippocrates*'s Art, not the product of any Hypotheses, but eſtabliſhed by the Experience of all Mankind in the colder Climates.

The Author *of the Embaſſy from* Muſcovy *to* China, gives us an Account how the *Tongueſes*, a *Tartarian* People, harden themſelves againſt the extream Cold of their Air; as ſoon as their Children are Born, they in the Summer-time put them into Water, and in the Winter lay them in Snow to harden their Skins. Sir *John Chardin* mentions a kind of Waſhing the *Mengrelians* uſe to their Children in their Cellars; and that the *Romiſh* Prieſts only drop three Drops of Water on their Forehead, which with a mental Form of Baptiſm they think ſufficient to make the *Tartars* good Chriſtians. Mr. *Locke* tells us, That the *Jews* in *Germany* and *Poland*, where the Air is as Cold as in *England*, Bathe themſelves, both Men and Women, in the Winter, as well as Summer, without any prejudice. And the *Germans* of old, and the *Iriſh* at preſent, Bathe their Children in Cold Water: And that in the *Highlands* of *Scotland*, the Women Bathe their Children in Winter. By theſe Inſtances it appears, that the *Northern* People have found Cold Baths very uſeful to their Bodies.

I might

I might urge the Practice of the Primitive Church in the Immersion of all Persons baptized; but that matter being sufficiently proved to have lasted 1600 Years, is a convincing Argument for the safe Use of Cold Baths, as well as for their Antiquity. I will only add some Modern Practices of that nature, to shew how closely some Nations yet retain that Ancient Custom.

Sir *Paul Ricaut* gives us an Account of the present Baptism in the *Grecian* Church, (which extends it self into *Muscovy*, and *Georgia* Northwards, and into *Anatolia*, *Thrace*, &c. In short, most of the *Eastern* Christians follow the Practices of that Church); and he tells us, That Church holds Dipping or Plunging into Water as necessary to the Form of Baptism, as Water to the Matter; for the Proof whereof he says, They quote the 50th Canon, called *Apostolical*; and the 42d Chapter *of the Apostles Constitution*; and that the Trine Immersion was used as a Test against the Hereticks, who deny the Trinity. And Dr. *Smith* describes their Font or Laver one Foot and a half deep; and he tells us, That they Dip the Child at the mentioning of each Person in the Trinity. And he assures us, That they rigidly retain the Trine Immersion according to the Custom and Practice

stice of the first Ages; but that they vary from it on some occasions, and pour Water on the Child's Face three times.

I am informed, That some of the *Welch* yet Baptize by Dipping, and that their Nurses ordinarily wash their Children in Cold Water every Day from their Birth, till they are three Quarters of a Year old; by which Method they preserve them from the Rickets.

Mr. *Brerewood* informs us, That the *Habassians* Baptize themselves every Year on the Day of the *Epiphany* in their Lakes and Ponds, which they practise as a Memorial of Christ's Baptism on that Day in *Jordan*. And he adds, That the *Muscovites* do the like on the same Day, in Memory of our Saviour's Baptism. And by these two Instances we may observe, That the Christians in *Muscovy* and *Æthiopia*, agree in the Immersion in Baptism, as well as their Memorial of it, though their Climates are very differing; the one being extream North and Cold, and the other very Hot.

Vansler, in his *Present State of Ægypt*, gives an Account of the *Coptis* practising the same Ceremony on the 16th of *January*, when they celebrate the Feast of the *Epiphany*, when after the Prayers at Night they dip themselves in a Pond or Bason of Water,

Water, which is near the Church in a Chamber, three Perches ſquare, but as deep as any Man is high; and after the Men have done, the Women dip themſelves.

Dr. *Giles Fletcher* gives an Account of the *Ruſſians* Baptiſm, That the Prieſt ſtandeth ready in the Church Porch with a Tub of Water by him; and after certain Prayers, he plungeth the Child thrice over Head and Ears; for this they hold to be a Point neceſſary, that no part of the Child be undipped in the Water. If the Child be Sick or Weak, eſpecially in the Winter time, they uſe to make the Water lukewarm. *See* Purchas *Pilgrims*. He further tells us, That on the Twelfth day, the River at *Moſco* is made Holy; and after the Women dip in it their Children over Head and Ears, and both Men and Women leap into it; ſome naked, and others with their Cloaths on; and this Water they give to their Sick to Drink. They uſe Bath-Stoves to Cure their Diſeaſes oft in a Week, and when they come out of them ſweating, they leap into the River naked, or elſe pour Cold Water all over their Bodies, and that in the coldeſt time of the Winter. *See* Purchas.

I think

I think it necessary here to Answer an Objection, which these of this Age may make, *viz.* that if this was an Ancient and safe Practice, how came it to be so totally forgot and neglected till now? To which I may readily answer, that not only the Practice of Cold Baths; but the Use of the hot Ones were totally subverted by the Inundations of many Barbarous Nations into these *Western* Parts of *Europe*, who not only destroyed all Books, and learned Arts of Physick, but rendred the Language in which they were writ unintelligible; not only Physick, but Poetry, Painting, Law, Divinity, were almost lost in the barbarous Ages succeeding the Devastation of these Barbarians; Ignorance over-spread all Places and Arts; and of late Years our Physick has been translated from the *Arabians*. And since Inquisitive Men have got the Books and Languages, in which they were writ, many of the old Opinions of *Hippocrates* are revived, and pass for new Inventions, because more clearly proved, or farther explained by the Modern Writers. *Hippocrates* asserts, That the Substance of the Brain was glandulous, which the Moderns have described more exactly by the help of their Glasses; he believed the Heart to be muscular, and the new Anatomists

natomists have now clearly described the several Muscles, and the Fibers. He asserted, That the Air was contained in the Animal Humours; which the Moderns have fully demonstrated by the Air-pump. This ingenious Age has not only revived some Opinions, but also many old Practices, such are the profuse Bleedings, *ad animi deliquium*, in great Inflammations, the extream Purges in Dropsies, the Helleborisms in Madness, frequent Cuppings and Scarifyings instead of Bleeding; Burning with *Moxa*, instead of that used by *Hippocrates*, by Flax, or Cotton, or Mushrooms. And amongst these old Practices I must not omit, that this Age does endeavour to revive Cold Baths; and how far the Cold Waters have proceeded in that Affair, may be collected from my Account of *Hippocrates*'s Opinion concerning them. The Account of Cold Bathing, I shall more particularly consider hereafter.

Since the Methods of Cold Bathing were well known to the Ancient Physicians, all I pretend to in this Essay, is to recommend what they have done, and to take off any prejudice which the Moderns entertain against that Practice. And for Method sake, I will divide the Cold Baths into these Three Kinds, and discourse of each.

1. *The*

1. *The Water of Rivers which is insolated or Tepid by the Heat of the Sun.*

2. *Common Water moderately Cold, with which we Wash either the whole Body, or the several Parts of it.*

3. *Extream Cold Springs impregnated with some Cold Mineral, such as the Stypticity in Well-waters; some Particles of Lead, or else Water in which the Air is extreamly condensed; all which are very Cold to the Touch.*

1. The Benefit of Bathing in Rivers is very great, and this is chiefly practised by young Men and Boys. All Creatures besides Men being disturbed by the Summer's Heat, go into Rivers and Ponds to cool them. *Mercurialis* bathed himself in the River *Arnus* at *Pisa*, and thereby cured himself of the Stone in the Kidneys; and he advises the *Nephritick* to place their Backs against the Stream of the River. And he gives this Advice concerning this sort of Bathing, where the Blood is hot, and the Kidneys burn, and any trouble happens in making Water, where the Skin is dry, or deformed by Scurf, Itch, Pustules, to use frequent Bathing in Rivers.

It was accounted an opprobrious thing amongſt the *Romans*, *nec natare nec literas ſcire*: And our Saviour ſent the Blind Man to Waſh in the Pool of *Shila*, which was a Common Bathing-place.

The general Effects which Experience aſſures us that it produces, are to cool in the *Dog-days* to cleanſe and moiſten the Skin; it cures Thirſt, cauſes Sleep, produces much Urine, prevents Fevers, and ſends thin Bodies, and creates them an Appetite, and helps their Digeſtion; but it's neceſſary to obſerve theſe Cautions to prevent the Injuries which may happen by it.

1. *Not to Bathe in Rivers immediately after Eating, nor after Drinking ſtrong Liquors, nor after great Exerciſe.*

2. *Not to ſtay in too long, not above an Hour, or ſo long as to be over-chilled by it.*

IIdly, I ſhall next Diſcourſe of Common Water, and its Uſe in Bathing, or Waſhing the ſeveral Parts of the Body; and this is like the Perfuſions uſed of old to the whole, or ſome part.

Celſus adviſes the waſhing of the Head with Cold Water, to prevent Rheums, Pains of that part, and of the Eyes. I find this Practice ſtill continued amongſt many wiſe

Men; they Shave their Heads every Week, and Wash it every Morning with Cold Water, which hardens the Skin, and cools the Brain, whereby the Flux of too much Blood into it is prevented, and that coldness of the Head renders it fitter for all Rational Thoughts, and the Animal Spirits being compressed, are more lively, springy, and fitter for Motion. Every Parent wishes his Child may be bred up to a great degree of hardiness. The best Methods to attain that, is the Immersion at first into Cold Water in Baptism; and afterwards to use the Method of Washing their Children in Cold Water every Morning and Night, till their Children are three Quarters old; for by this the *Welch* Women use to prevent the Rickets in their Children; and 'tis a common saying amongst their Nurses, *That no Child has the Rickets unless he has a dirty Slut for his Nurse.*

This Method is used in this Country, by an Honourable Family, of Washing their Children all over, but they use Milk and Water cold.

It was the Custom of the *Jews* (for which see *Ezekiel*, Chap. xvi. Verse the 4th) and of all *Asia* besides, to Wash the New-born Children in Salt and Water, to make

make the Skin hard and denſe; for which end *Galen* adviſes to ſprinkle Salt all over the Infant. See his Book for *Preſervation of Health.*

Mr. *Lock* in his Ingenious Book of Education, adviſes us to Waſh the young Pupil's Feet in Cold Water every Day, to render him able to bear the Injuries of wet Weather better. He adviſes us to begin in the Spring with Lukewarm Water, and ſo colder and colder every time, and to continue this Winter and Summer: And for the encouraging this Method, he tells us, That he knew this uſed every Night in the Winter, though the Ice covered the Water, yet the Child bathed his Hands and Feet in it; and when he began this Cuſtom he was very puling and tender. This Bathing of the Feet may be as ſafely done, as the Waſhing of the Face and Hands every Day: Nothing makes any difference betwixt them, but Cuſtom; and if Changes be made by inſenſible Degrees, we may bring our Feet and Head to bear the ſame Lotions, as the Face and Hands, without either Pain or Danger.

He that conſiders the Nature of Perſpiration will believe the Morning the moſt convenient time for theſe Affuſions of Cold Water, for then the Perſpiration of the

Body is fully finiſhed, and the Body is become empty of all hot Particles, produced by the Fermentation of the Chyle and the Effervescences of the Blood.

The way to prepare our Body for Cold Baths, if very tender, is to waſh it all over in warm Water firſt about the Spring-time in *May*, and ſo every Morning uſe cooler till it can bear the Senſe of very Cold Water; but I have known many tender Perſons to have uſed the coldeſt Baths immediately without any Danger; but they ought not to ſtay in them at firſt trial, but only to Immerſe, and immediately get out again.

I will next deſcribe ſome particular Uſes of Cold Water, and after give thoſe Methods which are preſcribed to preſerve our Health by Cold Baths.

The Uſe of common Cold Water is well known to the Farriers, who have a Method of curing foundered Horſes by it thus.

Take a foundered Horſe within forty four Hours after his being foundered, Ride him till he Foam and Sweat much, then Ride him into the Water to the Saddle-skirts, keep him there for an Hour, then Gallop him to the Stable, tye him to the Rack, and let him not Eat for four Hours.

Dreſs

Dress him, Litter him, and put Blankets on him to Sweat, and cool him by degrees.

I have also been informed, That the way of Sweating by Cold Water, is sometimes practised by our Country Gentlemen, who love Horse-Races, to abate the Weight of the Rider by Sweating. Dip the Rider's Shirt in Cold Water; and after it is put on very Wet, lap the Person in warm Blankets to Sweat him violently, and he will after lose a considerable weight, a Pound or two.

I have met with this Method to stop Bleeding, and to prevent Fevers upon Wounds: put the Limb hurt into a Pail of Water, and hold it there till the Blood be stopt, and the Part return to its natural Colour, cover the Wound with the Skin of an Egg, and lap it up in a Cloth for nine Days; and if a Fever happen, put the same Part into the Water again. It has been a tried Experiment for Women to put their Feet into Cold Water in their Hemorrhagies from the Womb; and to Bathe the *Anus* with Cold Water prevents the Piles. Mr. *Lock* commends the washing of the Feet in Cold Water for the preventing of Corns.

I have mentioned these partial *Lotions*, to shew the safety and general usefulness of Cold Baths to particular Parts. I shall next transcribe what Methods and Directions *Galen* has prescribed for the Preservation of our Healths by Cold Baths. He says, They are proper for Persons in perfect Health, to thicken the Skin, and make it insensible of Cold Air; 'tis proper for fleshy Persons, for the temperate, and those who use due Exercise; the chief Use of it is in the Summer-time, and we must accustom our selves to it by degrees. The Benefits the healthful will receive by it, are the increase of Appetite, the quenching of Thirst, the strengthening of the Digestion, and the rendring the Limbs strong, musculous, and lively, and renders the Skin insensible of all the Changes of Weather, and the whole Habit of the Body becomes more compact and fitter for Exercise. On the contrary he believes Cold Baths injurious to thin Habits, growing Bodies, under Twenty, and very cold Constitutions, to those who live intemperately, and use no Exercise; and they are dangerous after Venery, Lassitude, Crudities, Vomiting, Gripes, Looseness, Watching, and to those who are not accustomed to them. He gives us these Cautions about the Use of it;

it, not to use it rashly and suddenly, but advises to begin the Use of it in the beginning of the Summer, that we may get a Custom of it before the Winter; we must chuse a calm Day, and a hot one, and the hottest time of the Day, the Person to be bathed ought to be in perfect Health, and in his Fourth *Septennium*, and of a lively and chearful Spirit. He orders the Body to be prepared in a temperate *Gymnasterium* by plentiful and vehement Friction by a course Cloath, and afterwards by rubbing with Oyl as usually, and exercising with equal and quick Motion: He may descend into the Cold Bath not by degrees, but all at once by leaping into it; a Horror is produced by going in by degrees, and the Water must not be very Hot, nor very Cold, at the first time of using it, but colder afterwards. We may stay in Cold Baths what time we can conveniently bear them; and in a less Cold Water, if we stay long enough, we may have the same Effect produced as is by a very Cold Water, wherein we stay a less time. When any one comes out of the Water, he ought to be rubbed with Oyl, and that by many till the Skin is warm; afterwards let him Eat more than usually, and Drink according to his Custom; these things must be practised

ſtaid for three or four Days, and afterwards he may at the ſame time go in after Friction a ſecond time, or ſtay in much longer. He obſerves, that we have ſtaid in too long when the Body is very pale, and it is not ſoon heated again by Friction, and does not recover its natural Colour and Heat thereby: but we have ſtaid in moderately, when the contrary happens. *See* Galen *in his Third Book of the Preſervation of Health.* This Quotation ſufficiently proves *Galen*'s Opinion of the uſefulneſs of Cold Baths, which I ſhall farther confirm by the following Reflexions.

Since our frequent Epidemical Fevers depend on the Changes of our Air, the frequent Rains and exceſſive Colds, we cannot invent any likelier Method to prevent ſuch Diſeaſes than by Cold Baths, which ſo harden the Skin, that it becomes inſenſible upon the great Changes of the Air; the Stomach is very much ſtrengthened and increaſed; by which the breeding of any Cacochymia's is prevented, the Spirits over-rarified and tumultuous in their Motions are compreſſed, cooled, and made fitter for rational Operations; the Muſcles are made more ſtrong, compact, and vigorous, in all the Exerciſes we uſe, whereby Health is much preſerved. To all theſe advantages

vantages of Cold Baths, I may add, That the coldness of the Water contracts the Nervous Fibres, and thereby strengthens their Motion, and hinders their Laxity and Evacuations of Humours, which would prejudice our Health; they also promote Urine and Perspiration, as *Sanctorius* affirms, and the Menses. If Cold Baths had no other Effects than helping our Digestion, and making the Body more vigorous in its Exercise, that would be sufficient to prove their usefulness for the Preservation of our Healths: but their Effects are more considerable in strengthening the Tone of the Solid Parts, and preserving the Crasis and Motion of the Fluids; and its Effects reach the very Soul of the Animal, rendering it more lively and brisk in all its Operations; and we preserve thereby that *Divina particulam auræ* in its full Lustre, as our Noctiluca's are kept in Water. Life consists in the Union of the Soul with the Animal Spirits, which are longest preserved by a Cold Regimen, but soon dissipated by a Hot, or else made too Elastick, Windy, and Irregular in their Motions, by too much Heat and Rarifications; and this Error of the Spirits is best corrected by Cold Bathing. And since by the ensuing Discourse it will be evident, that Cold Baths

will

will Cure considerable Diseases, I may thence infer, that the use of them will prevent all those it can Cure: and thereby confirm my Assertion, that Cold Baths are necessary for the Preservation of our Healths.

I might farther intimate, that Cold Baths must have a great Effect on the Heart, as well as all the other Muscles, and that it strengthens its Fibers, and invigorates its Motion, by compressing the Animal Spirits which agitate its Muscular Fibers, by causing a greater Tension and Contraction of the Fibers themselves, and by exciting the Motion of the Heart, when the Humour makes an Effervescence after their Compression by Cold Water: for though during the Immersion into it, the Pulse stops, and the Motion of the Heart is slower; yet, after that, for some time that Muscle works faster, and evacuates by Sweat and Urine, and the Menses, and the whole Body is sensibly hotter. And if the Muscles of the Heart become stronger by Cold Baths, then the Sanguification of the Chyle, and the Secretion of the old *Fæces* of the Blood, *viz.* the Choler, *Bilis atra*, the Slime, Salt Serum, and the Aerial Gas, are better performed, on which our Health very much depends. But I will use no more Arguments, but only subjoin a Letter con-

concerning the Use of Cold Bathing practised by Sir *H. C.* for the Preservation of his Health; and this was writ by a Person on whose Credit I can depend.

March 4. 1701.

Most honoured Sir,

According to your desire I here furnish you with the best Account I can of Sir H. C. *in the County of* W———r, *as remarkable an Instance as any upon the Subject you are treating on, I mean the Advantage of Cold Baths.* —*I remember I have heard the Account of his Method, and the Advantages he hath received by it, from himself and others.*——*He was afflicted with the Gout in a very terrible manner, that in no very long time his Joints were so knotted, that he could scarcely go, or indure any Person to tread in the Room where he was. In short, he was reduced to such a Condition, that it made even Life it self a burden to him. The Method taken with him was warm things. As I remember, he said, his Floor was covered with Bays, and he felt the Air so piercing, that he durst scarce look out of the Window, but it would affect him.*—— *When he saw that he grew worse by this Method, he began to use himself to the Air, and*

to

to try Cold Water; whether he was advised to it or not, I cannot tell, but he quickly apprehended some Relief. After some time he got a retired Place, where there was a good Spring that stood convenient for him, which he so contrived as to go what Depth he pleased in the Water.——It quite altered the Habit of his Body, and abated his Pain to that degree, that often he would say, he was absolutely cured. And those returns of Pain that he had, were never very violent, as I have heard; it secured him from the Injuries of the Air, and Change of Seasons; sitting up late never disordered him: And I have been told, that he seldom or never took Cold; it made his Stomach good, and Constitution strong; and the main thing that he attributed all this to, was the Effect of the Cold Bath.——He would laugh at those People that thought this a rigorous and unsupportable Method. He affirm'd, It was nothing, a little use would make it easy and familiar; he never declined it in the Frost and Snow: One cold Morning in the Christmas, I well remember, I saw him in it. He would be very Copious in the Praises of it, and say, That nothing gave that Vigour to the Spirits, and did so fortify the Constitution, though People would not be persuaded to it.——He himself, I am sure,

sure, is the most convincing Evidence of it, having used it, for ought I know, above thirty Years, with such a vast Success, that may give it the most advantageous Character, as one of the cheapest and most effectual Remedies to conquer the most tough and obstinate Distempers. I could have been more large in these Particulars, but I thought it best to set down what you might certainly depend upon.

I am,

SIR,

Your most humble Servant,

J. B.

POSTSCRIPT.

SIR H C. began his Custom of Cold Bathing by Washing his Feet in Cold Water in Hot Weather, and afterwards he washed all over at all Seasons; he does not go to Bed after Bathing; he usually stays in the Water as long as he can conveniently bear it.

3. The

3. The third and greateſt Degree of Cold Baths, is that of Springs, whoſe Water contains an Air much compreſſed by the coldneſs of its Terreſtrial Receptacles or Caverns. That Water which is frozen is much colder, but not ſo fit for either External or Internal Uſe.

The Cold Baths of the *Romans* were Springs, into which they leapt, and not covered as ſome be here; both *Horace* and *Seneca* mention ſuch. 'Tis certain, that a Spring covered by a Building is much colder than the ſame uncovered; and therefore not ſo ſafe; this is evident to them who have tried both the one and the other at *Willowbridge*. All Phyſical Practices which have leaſt of Art, are uſually more agreeable to Nature; for which reaſon I prefer the open Cold Baths at *Holywell* and *Litchfield*, before the covered Springs: for though in theſe there be leſs coldneſs; yet there is ſufficient to produce any of the ſame Effects, if we ſtay ſo much the longer in theſe Baths; and then we incur no danger by any exceſſive coldneſs, neither are we over-chilled by the Damps ariſing from a covered Spring before we go into the Water.

Of

Of late, Cold Bathing began to revive in *England*, as is well known; and the ingenious Phyſicians, whoſe Experiments have given it a new Birth, and have eſtabliſhed its Credit, deſerve a great Honour from all of their Profeſſion, as well as their Country. For they have born the Envy and ill-natured Reflections, which all Practices, which appear new to the Vulgar, occaſion. All the Service I can do on this Account to my Profeſſion, is to remove the Prejudice which is entertained by the Common People againſt Cold Bathing, by ſhewing,

1. *The Neceſſity of Cold Baths for curing the exceſſive Tenderneſs produced by a Hot Regimen.*

2. *By giving ſome Inſtances of great Cures done by Cold Baths in* England.

3. *I will give a Catalogue of thoſe Diſeaſes, which have been cured, either by the old Writers, or the Modern Phyſicians.*

1. Nature teaches us what Regimen is moſt ſuitable to each Climate; but Luxury and evil Cuſtom, or Fancy, oft corrupt our natural Senſes, and introduce ill Habits, whereby our Bodies are greatly diſordered and made very unhealthful. This Ob-

Observation will appear true, if we reflect on the Practices, both of the Inhabitants of the Hot and Cold Climates.

In hot Countries, where the Humours, *viz.* Blood and Spirits are over-rarified, the Serum is too much evacuated, the solid Parts are over-heated and dried; Nature directs us to use a contrary cool Regiment to prevent all these Inconveniences, &c.

1. *To abstain from Flesh-meats, and feed much on Fruits, and to drink Water rather than use any fermented Liquors, to eat boiled Meat.*

2. *To cool our Bodies by exposing them to the Air, and wearing thin Cloaths; to cool our Habitations by larger Windows and Doors; to avoid going into the Air in the hottest times of the Day, and to Walk only in the Morning and Evening; and to lie cool at Night. To use Cold Baths in the Summer.*

3. *Our Natural Reason teaches the Hot Countries the Use of Hot Thea's to promote the Sweats, whereby the Body is cooled, and the hot Vapors raised by excessive hot Air are evaporated: And for the same Reason all the hot Countries use temperate Warm Baths to promote their Sweat, to cleanse their Skin, and moisten their dry Bodies.*

Cum

Cum Stomachus domini fervet potuque ciboque
Frigidior Geticis perditur decolla pruinis.
Juvenal. Satyr. 5.

The Luxury of the Hot Climates conſiſts in uſing all the Methods mentioned to an exceſs; they ſurfeit their Bodies by eating immoderately of Fruits and Herbs, they cool their Fruits, Creams, and Wines to an unhealthful Temper by Ice; they ſtop their Sweats unſeaſonably by cold Air, by Fanning, Ventiducts, or Cold Baths. For all theſe Inconveniences depending on Cold in an exceſs, in the Hot Countries they uſe alſo Brandy-Spirits, Hot Tea's, High Sauces, with Garlick and Strong Pottages, whereby they correct the Injuries of Cold Diet, and by their Hot Baths they promote Perſpiration neceſſary in Hot Countries.

That the contrary Errors are committed in Cold Countries will appear, by reflecting on their uſual Regimen, which inclines them to the Uſe of hot things in exceſs.

In Cold Climates the Humours, *viz.* the Blood and Spirits, are naturally too much condenſed and compreſſed by a heavier Atmoſphere, and greater Cold, and the Serum is leſs evaporated. And in this State of

Humours, Nature teaches us to uſe an attenuating hot Diet of Fleſh-meats, acrid Herbs, fermented Liquors, ſtrong Beer, or Wines; we wear more Cloaths, uſe greater Fires, eat Roaſt-meats, uſe more Exerciſe, cloſer and lower Habitations; and for our Diſeaſes uſe Cold and Hot Baths. The great fear of too much coldneſs drives into an Exceſs in the uſe of hot things, to an Exceſs in Fleſh-meats, High Sauces, Brandy Spirits, Fermented Liquors, too much Tabaco, Seaſoned, Salt, Spiced and Sugared Meats, too much Tea's, Coffee and Chocolate.

2. To confine our ſelves in our warm Houſes too much, to uſe too many Cloaths, to warm our Beds, to frequent hot Baths, ſoft Beds, hot Periwigs, perfumed Snuff.

All theſe Exceſſes in the Hot Regimen, are chiefly to be helped by a contrary Cold, and which contains theſe Particulars:

1. We muſt uſe a cooler Regimen of moderate warm Diet, Fleſh-meats roaſted once in a Day; more moderate vinoſe Liquors, Beer of three or four Strike at Meals, and a thinner Diet at Break-faſt and Supper, and all Liquors cold; they who uſe Water for their ordinary Drink, have their Humours leaſt rarified, and conſequently are leaſt ſubject to the Changes of the Weather.

ther. For hot Blood like boiled Water, is ſooneſt froze or chilled; and after Exerciſe we ſooneſt take Cold. I will on this occaſion mention the Advantages of Water-drinking: The Water-drinkers are temperate in their Actions, Prudent and Ingenious; they live ſafe from thoſe Diſeaſes which affect the Head; ſuch are Apoplexies, Palſies, Pain, Blindneſs, Deafneſs, Gout, Convulſions, Trembling, Madneſs. The drinking Cold Water cures the following Diſeaſes, the Hickup, *Fœtor* of the Mouth, and of the whole Body. It reſiſts Putrefaction, and cools burning Heats and Thirſts; and after Dinner it helps Digeſtion; and if the Diſeaſes be very great, two or three Ounces of Water cooled with Ice, is ſometimes given by Phyſicians.

If the Virtues of Cold Water be ſeriouſly conſidered, all Perſons would value it as a great Medicine in the Caſes mentioned, and in preventing the Stone, Gout, Aſthma, and Hyſterick-fits; and to the Uſe of this, Children ought to be bred from their Cradles, becauſe all ſtrong Liquors are injurious to the Conſtitution of Children, whoſe Spirits it inflames, and renders them Mad, Fooliſh, Raſh, Tender, and Intemperate in their Paſſions.

2. The Use of Cold Air and Riding, or Walking much in it, cools the overheated Blood and Spirits, and renders the Constitution more strong; we ought not to warm our Beds constantly, nor wear too many Cloaths, which exhaust the Serum and Spirits; shaving the Head, and washing it with Water, prevents Defluxions. The old Writers prescribed an Exercise naked. The wearing of Flannels renders the Person very tender, and subject to the Changes of Weather, and too much Perspiration, and this Custom can never be changed without some great danger. Sitting constantly by the Fire, much smoaking Tabaco, constant use of hot Liquors, and hot Baths, make the Body subject to greater tenderness, and consequently to the Changes of Weather in Cold Countries. Down-beds are also very injurious.

2. Cold Baths are the chief means and most effectual in the Cold Regimen; nothing preserves the Body so well from the Injuries of Weather as Cold Bathing, which makes the Skin more dense and contracted, and consequently more insensible of the Changes of the Air, its cold and moisture; and we account that Skin the better which is insensible and hard, than the lax and thin, which loses all its Nutriment and Spi-

rits by too much Perſpiration. I have known many endure well the Cold of the Winter after the uſe of Cold Baths, who always found their Bodies more tender after the Uſe of Hot Baths all the Winter following; and the truth of this will appear by the Cures I ſhall relate of two tender Perſons; but I will firſt give theſe Remarks.

1. That as Hot Baths cure the Injuries of a Cold Regimen in Hot Countries, ſo Cold Baths Cure the diſeaſed Alterations by a Hot Regimen in Cold Countries.

2. The uſefulneſs of Cold Baths was found out in the *Northern* Countries, who generally fortify themſelves againſt Cold Air by the Immerſion of their Bodies into Cold Water; and to prevent the Mortifications of their Limbs, they rub the frozen Parts with Snow.

3. That Cold Baths and the Baptiſmal Ablution, are more improper for Hot Countries than the Cold, becauſe in Hot Countries the Perſpiration is very great, and neceſſary to prevent Fevers; but in Cold Countries it is much leſs natural, and the ambient Cold Air diſpoſes us not to Fevers ſo frequently, and Cold Water will produce greater horrors upon thoſe Bodies

which live in hot Airs, than those who are used to Cold Air. Which Observation fully refutes the common Opinion, that Cold Baths are only proper for Hot Countries, *Ægypt*, *Greece*, *Italy*, where the old Writers tell us it was commonly practised; but we must remember that *Hippocrates* knew *Scythia* as well as *Libya*, and that he might have the knowledge of Cold Baths from the *Northern*, as well as the Use of the Hot Baths from the *Southern* Climates. And what he has writ of Baths, is as what he says of his Prognosticks, true, both in *Scythia* and *Æthiopia*. And that he knew *Scythia*, is evident by the Description he gives of the Diseases of the *Scythians*, and of the Climate and People of that Country. Since we find that Cold Baths are not so convenient for the Hot Climates, we must not so much stand upon those nice Cautions which the *Greek* Writers have given about them, such as we find in *Galen*. 'Tis certain the *Romans* used Cold Baths with less fear, as we may observe in *Pliny* and *Celsus*; and I question not, but the farther Northward we examine the Use of Cold Baths, we shall find them more frequent, and the most common Practice for hardening their Skin against the excessive Cold of their Air. The *Northern* People use also

ſo Hot Baths, but chiefly to cure the Diſeaſes produced by extream Cold.

If it be objected, That Cold Baths by ſtopping the Pores, will retain all the Hot Vapours produced by an exceſſive Hot Regimen, but Hot Baths will more readily diſcuſs them, I may anſwer, That Cold Baths will produce great Sweats, whereby thoſe Vapours are diſcuſſed, and afterwards it compreſſes the rarified Humours, and contracts the relaxed Membranes, whereby the rarified Humours are reſtored to their natural Conſiſtence, and the Fibres to the proper Tone. Where any diſeaſed Humours are in any part ſtopt in their Circulation, or mixed with the Blood, it ſeems the moſt rational Method to Sweat at the firſt uſe of Cold Baths; but where there is no Evacuation of Humours neceſſary, Sweating is not proper after Cold Bathing, but only gentle Exerciſe or Friction.

4 The laſt Remark I ſhall make, is this, That ſince the Inconveniences of an exceſſive Hot Regimen in a Cold Climate, are produced by a very hot Diet, Strong Wines, High Sauces, Tabaco, Brandy, &c. and alſo by uſing our ſelves over tenderly in Cloaths, warm Beds, hot Rooms, &c. We muſt remove the External Cauſes of our Tenderneſs, and uſe a cool tempe-

rate Diet, cool Liquors, cold Air about us, as well as Cold Baths: for no perfect cure can be expected from Cold Baths, unless we avoid the Occasions of our Diseases; for if we continue any Excess in our Hot Regimen, that will again renew those Diseases the Cold Bath has cured. And I generally make this Observation, that where Cold Bathings are necessary for the Cure of a Disease, there drinking of Water is also necessary to prevent a Relapse into the same.

2. I will now give some Instances of the great Cures done by Cold Baths in *England*.

Mrs. *Bates* of *Ashby de la Zouch* in *Leicestershire*, being above Fifty Years old, was esteemed by all her Neighbours Consumptive, because she coughed much, and had Rheumatick-pains near Twenty Years; the Pains made her Lame with a Sciatica, and she had a Numbness and Weakness in her Knee, so that she had little use of her Legs, but sat constantly near the Fire, covered with many Cloaths, and was so tender, that she durst not go into the Air abroad; she complained of a Pain in her Back, which she believed to be the Stone; and she had much Pain in her Breast, which she thought Cancerous.

In.

In the Year 1699. in the Summer she went to *Willowbridge* Cold Bath in *Staffordshire*, which is a very Cold Water, and feels smooth and oyly, where she bathed constantly once in a Day, and drank many Glasses of that Water every Day, and she continued this Method for a Month. When she was in the Water up to the Neck, the sore Breast pained her very much the first time she went into the Water, but never afterwards; and upon the second time of going into the Bath, the Pain in the Hip fell into the Foot, and by the continuance of the Bathing it was perfectly cured, and never returned since; so that she now goes well, eats well, wears fewer Cloaths, and is cured of the Stone in her Kidneys, and the Swelling of her Breast, which was I believe a Milk Tumour, though it had continued in her Breast many Years: she yet continues the drinking of Water ever since. I had this account from her self; and this great Cure has occasioned the going of many to *Willowbridge* out of *Leicestershire*; and the whole Country can attest the Truth of this Relation. In the same County I met with a Cure as considerable as the former, done by the Cold Bath at *London*, and in 99. In *June* 1700. I waited on Mrs. *Wats* of *Leicester*, who very kindly enter-

entertained me with the Relation of her Diſorders, and the manner of her Recovery, which I ſhall briefly deſcribe thus:

She was troubled with continual Vomitings, and an Hyſterick Cholick, with wandering Pains in her Limbs and Head, with Convulſive Motions, and Violent Hyſterick-fits, with much Windineſs in the Stomach and Belly, with continual Sweatings, loſs of Appetite, and an exceſſive Tenderneſs, and a conſumptive State of Body. Dr. *Hartop* of the ſame Town, thus deſcribes her Indiſpoſition in his Letter to me: Her Indiſpoſition was a perpetual Chilneſs of Spirits, with Pains all over; eſpecially in the Teeth, from the leaſt inclemency of Air, accompanied with Vapours, Faintneſs, *&c.* ſhe tried all the uſual Methods in vain; ſuch as Steel, the Cortex, Vomiting, Opiates; and at laſt ſhe went to *Bathe*, and continued there ſome time drinking the Waters, and Bathing; but at laſt finding no benefit by any thing, ſhe was adviſed by Dr. *Baynard* to uſe the Cold Bath in *London*; about *Michaelmas* 99, ſhe bathed there Two and Twenty times, within the ſpace of a Month, ſhe dipt her ſelf under Water ſix or ſeven times every Morning, without ſtaying in the Water any longer than the time of Immerſion,

ſion, and ſhe came warm from her Bed to the Water; by this Bathing the Skin contracted, and ſhe was never very tender ſince, nor ſubject to Colds as before; her Appetite and Strength returned, and ſhe became more Plump than before; all the Sweatings, Windineſs, Pains, and Convulſions ceaſed. And Dr. *Hartop* aſſured me, That ſhe was well recovered to the Admiration of the Country, to whom both her long Indiſpoſition and wonderful Cure were well known; and from many Hands I have had a ſufficient Teſtimony of the ſame.

The ſame Ingenious Phyſician, Dr. *Hartop*, gave me another Relation of a Patient of his, Mrs. *Smith* of *Weſton*, who conſtantly uſed to ſit by the Fire, and ſhe cloathed her ſelf very warm; ſhe had much Tooth-ach and Rheumatick pains, and frequent Sweatings; ſhe was much worſe by the uſe of the Hot Baths; he therefore adviſed her to Cold Bathing, which ſhe began by Bathing her Feet firſt, and then the reſt of her Body; and when ſhe came forth of the Water, ſhe walked about in her Cloaths, till ſhe was warm. This Method ſhe continued for a Month's time, and was perfectly recovered of her Tenderneſs.

1. By

1. By the first Case we may observe, That the Sciatica or Rheumatick-pains were relieved by Cold Baths; therefore Cold Baths are proper in fizy viscid Blood, which commonly appears of that kind in our Country People: and no disorder is more common in *England*, than Rheumatisms and Inflammations, which are occasioned by fizy Blood.

2. In the same Case we may observe, That the Inflammation of the Kidneys was corrected by the Cold Bathing, which cools the Reins, and produces much Water; and hereby 'tis proved, that in Salt Cacochymias, Cold Bathing is useful, which passes the salt Serum by Urine and Sweat.

3. By the first Cure we may observe, That the indurated Glands may be resolved by Cold Baths, by which it may rationally be inferred, That the Secretion through the Glands is promoted by Cold Baths. And what particular Virtue Cold Baths will have in the King's Evil and Scrofulous Glands, whether conglobate or conglomerate, or in those of the Mesentery, a farther Experience in Cold Bathing will shew. I have been credibly informed at *Willowbridge*, that a Scirrhous Tumor upon the Hypochondria, was cured by the Cold Bathing in that Water.

4. The

4. The great Tenderneſs of all the three Women above-mentioned, was cured by the Cold Baths, and their Appetite and Strength reſtored, and the Menſes in one were helped; by which we may obſerve, how much Cold Baths help the Circulation of our Humours. And that I may farther confirm this Notion, I will mention the following Cure of a Varix with an Ulcer, at *Willowbridge*, which I had from Mr. *Hector*, an Eminent Chirurgeon in our Town. The varicous Ulcer was in the Leg, and Bled much; but both the Hæmorrhage and Ulcer were cured by the long uſe of *Willowbridge* Bath, though it would not yield to any ordinary Methods. The Blood is congealed and grumous in all Varices, and the Blood-Veſſels relaxed; but by Cold Bathing the Blood was reſtored to its Fluidity, and the Veſſels to their due Tone, and the Ulcer cured by Cold Water; which I thought to be a very conſiderable Cure, and may give us a fair Hint of trying Cold Baths in the Polypous Concretions of Blood, both in the Blood-Veſſels of the Lungs, and the Obſtructions of the Hypochondria in Splenetick Perſons, and in Dropſical Patients, who complain of great Pains in the Belly and Sides.

5. In

5. In the ſecond Caſe we have a Cure of the greateſt Hyſterick Caſe that could happen; the Vomitings, Running Pain, the Fits of the Mother, and Convulſions, depended on a windy or fermenting Blood and Spirits. The Conſtitution of this Lady is very hot, her Spirits lively, her Stature low, and Body thin, and her Hair black; all which are Sign of hot Humours. And by this Caſe we may obſerve, the Cure of all hot Windineſs, which occaſions Running pains and Convulſions, is effectually performed by Cold Baths; but I muſt not omit that ſhe has eat many hundreds of Limons ſince, ſpitting out the Pulp, or elſe ſhe ſqueezes them into Water; and ſhe uſes Wine and Water for her conſtant Drink; ſhe found great benefit by the uſe of *Cream of Tartar*, ℥ſs or ℥j. in Water-Gruel for the Hyſterick Vomiting. I mention theſe Particulars to ſhew, That it is requiſite to uſe ſome cool Alteratives for the windy Cacochymia inwardly at the ſame time, and after the Uſe of Cold Baths.

I ſent this Year a Hypochondriacal Patient to a Cold Bath, who complained much of Convulſive Beatings all over his Body; and he informed me, that he found great benefit by it as to that Symptom, which depended on a windy ſtate of Spirits.

I have

I have discourſed with an Aſthmatick Perſon, who has had an habitual Aſthma for many Years, and ſhe informed me, That ſhe went into St. *Winifred*'s Well at *Holywell*, but once, and that her Aſthmatick Dry Cough went off for ſome time, but at laſt returned again. I mention this here, becauſe Aſthma's depend on windy Inflations, and are of a like Nature as the former Caſes. And I find that *Cælius Aurelianus* commends the Pſuchroluſia in that Diſeaſe: waſhing the Head is certainly uſeful againſt it.

6. I obſerve, that continual Sweats in the third Caſe were ſtopt by the Cold Baths, ſo that by them we both produce or ſtop Sweats. Immediately after Cold Baths, the Sweats are produced, if we commit the Patient to a warm Bed; but a longer Uſe of Cold Baths ſtop all Evacuations. I find the old Phyſicians preſcribed Cold Baths to ſtop the *Gonorrhœa ſimplex*; the coldneſs of the Water contracts and ſtrengthens all the Membranous Veſſels, as well as cools the hot Humours. And Dr. *Baynard* gave me an Account of a Perſon cured of a Rupture by the Cold Bath at *London*, which muſt be effected by the contracting of the relaxed *Peritonæum*; and by this Cure we may be directed to try the Virtue of Cold

Baths

Baths in the *Procidentia Uteri & Ani*, and in the Tumours of the Hæmorrhoids.

7. In the first Case I observe, That the Numbness, Weakness, and Stiffness of the Limbs was cured by Cold Bathing: by which we may apprehend that Cold Baths restore the Animal Spirits and the Blood, to their usual Motion in Paralytick Obstructions, and strengthen the Tone of the Nerves. And as a farther Proof hereof, I will again mention a Letter of Dr. *Bayard's* to me, in which he assures me, That a Deafness was cured by the Cold Bath at *London*. I have not yet heard, whether Cold Baths have been tried in the *Gutta Serena*, which seems as likely as the curing of a Deafness, and a loss of Speech, which was done by the same Doctor in a young Boy at *Bath*, as Dr. *Gold* his Father informed me. But I shall fully prove the Effects of Cold Baths in Paralytick Resolutions, by the following Letters, which I received from a Reverend and Ingenious Divine, Dr. *Nath. Ellison*, in Answer to some Inquiries I sent him, about the cure of the Rickets in his Children by St. *Mungo's* Well.

Honoured

Newcastle, Jan. 25th, 170$\frac{9}{10}$.

Honoured Sir,

I *Would have returned a speedier Answer to your Letter, but I was in hopes our Physicians here would have drawn up their Thoughts in Answer to your Inquiries, about the Use and Success of Cold Baths among us. But they being detained by Business, you must be contented at present with my Relation of the Matter, which is what I know to be commonly practised, and the Success of which I have experienced in my own Family.*

Nothing is more common in this Country, and proves more generally successful for the preventing or curing of Rickets, than to send Children of a Year old and upwards, to St. Bede's, Honwick, *or* St. Mungo's *Wells, (which are extream Cold Springs) and in the Months of* June *and* July, *to dip them in the Evening for a fortnight or longer, intermitting a Day or two, or more, in the whole, if the Child be very Weak.*

Some Dip them twice or thrice over Head and Ears *with their Shifts and Night-Caps on, giving them a little time to Breath between each Immersion. Others Dip them* no farther than the Neck, (*because the Water is*

apt to ſtop their Breath) *and Dip their Night-Caps thoroughly, and put them Wet upon their Heads. Others* (*where the Well is not Capacious enough*) *content themſelves to* put the Children into a Tub of Water, *gathered from the Spring, and* Daſh the Water upon them over Head and Ears. *All which Immerſions are to be diſpatch'd as quickly as may be, that ſo the Child may not continue any longer in the Water than is neceſſary, that is, till his Body, and Shift, and Night-Cap be thoroughly Wet. Others out of Tenderneſs to the Child, or in Regard to the Child's Weakneſs, content themſelves with* Dipping only the Shirt and Night-Cap in Water, *and put them on Wet upon him.*

As ſoon as the Children are dipp'd, they with their wet Cloaths on are wrapt up in warm Blankets over their Head and whole Body, and put immediately to Bed, which inſtantly puts them into a violent Sweat. In this Condition they lie all Night, till towards Morning the Cloaths are taken off by degrees, that ſo they may cool gradually, and in the Morning they have dry Shirts and Head-Cloaths put on; the ſame Shift and Night-Cap in which they are dipp'd, are us'd all the time of their Dipping, and are only dry'd.

The

The Children in three Minutes time recover themſelves of the Fright which Dipping puts them into; and though for the preſent they may be weaker, (having exhauſted their Spirits by violent Sweats) yet they recover their Strength gradatim by the help of ſtrengthning Gellies of Harts-Horn, Calves-Feet, &c. inſomuch, that about the Fall of the Leaf they are either perfectly recovered or ſenſibly better. If one Years dipping proves not ſucceſsful, 'tis repeated the next Year, which generally anſwers Expectation.

There's no diſcernable Alteration, either in their Urine, Stool, or Colour of their Skin, nor any preparative or ſubſequent Purgatives uſed, nor any other Cordials given, except a ſpoonful of Sack immediately before and after Dipping, if Children will take it; nor are they debarr'd their uſual Diet or Play: only care muſt be taken to keep their Necks warm to ſecure them from catching Cold.

Sir, *If you will try the ſame Experiment with you, I doubt not but you will find the like good Effect, if you have Springs ſo Cold by Nature as ſome of ours are, or can make them ſo by Art. I can aſſure you, That I have had Four Children of my own dipp'd with very good Succeſs. I never heard that any Children who had only the Rickets, dy'd of Dip-*

ping, and few or none but found great benefit by it.

This Account is not Exact enough to appear in Print without your very ſevere Corrections. If you will put it into a more agreeable Dreſs, I will Anſwer for the Truth of the Relation; who am,

SIR,

Your very Affectionate Friend,

and Humble Servant,

N. Elliſon.

Honoured

Newcaſtle, Febr. 4. 170⅞.

Honoured Sir,

SInce my laſt, I received this following Account of St. Mongah's *and* Honwick *Wells, from Dr.* Th. Daviſon, *lately Fellow of St.* John's *College,* Cambridge, *who is lately come to Reſide among us.*

1ſt, *The People that reſort to theſe two Places come to be cur'd of fix'd Pains, whether in the Joints or Muſcles, whether with or without Tumour; and for ſuch as come upon long Rheumatiſms and Quartans, as well as Strains and Bruiſes, the Rickets, and all Weakneſs of the Nerves, whether Univerſal, or of any particular Member.*

2dly, *They are immerſed at all Ages,* viz. *from Six Months old to Eighty Years. Children are twice or thrice dipped in, and preſently taken out again; and while they are in, the officious Women at the Well are active in rubbing their Backs, or the maimed Parts; but this ſeems only for Form. Adult People ſtay in a quarter, or near half an Hour.*

3dly, *They uſe no preparative Phyſick, nor obſerve any Diet before nor afterwards, but a Draught of warm Ale or Sack to comfort them after they come out.*

4thly, *The diſtemper'd People go to Bed afterwards, and Sweat for two Hours or more. But the Healthful that go in for Pleaſure, put on their Cloaths, and go to their Buſineſs or Diverſion.*

5thly, *The Healthful immediately after coming out find a great warmth all over, and would probably Sweat as much as the Sick if they went to Bed upon it. They find themſelves after Bathing much more nimble, and their Joints more pliant.*

6thly, *The People uſe theſe two Wells promiſcuouſly for the Diſtempers above-mentioned, and with equal Succeſs; though* Honwick *is a Mineral, and the other is not, which makes me believe, that 'tis to the ſame Cauſe, viz. their Coldneſs, and not any other Quality, that the Cures are owing.*

7thly, *St.* Mongah's *has no manner of Sign of a Mineral; whereas* Honwick *tinges the Sides of the Well, and being drunk, Purges gently by Stool, but more by Urine, and is of the ſame Nature with* Aſtrop. *The Well is ſo little, that they are forc'd to take it up in Pitchers, till they fill a Veſſel large enough to Bath in.*

8thly, *They Bath every Day, or twice a Day, for a Fortnight or Month, as their ſtrength will bear, and as their Diſtemper requires more or leſs Bathing.*

Sir,

Sir, *If in any thing elſe I can ſerve you, you may Command.*

Honoured Sir,

Your moſt humble Servant,

N. Elliſon.

The Remarks I ſhall make on theſe two Letters; are,

1. That all Obſtructions in the Nerves may be cured by the Cold Baths; therefore not only the Rickets, but all other Species of the Palſy may be cured by the ſame; Deafneſs, Blindneſs, loſs of Taſte, Smell, loſs of Appetite, weakneſs in Swallowing, *Venus Languida*, Incontinence of Urine and Stool, Hemiplegias, and Diſtortion of the Mouth by a Palſy, and any particular Weakneſs in the Motion of any Muſcle, as well as loſs of Speech.

2. The *Northern* Practice directs us to Sweat after Cold Bathing in all Obſtructions of the Nerves; by which the ſizy Serum, which obſtructs the Nerves, is evacuated, and the Motion of the Spirits is promoted

moted by first compressing them, and giving them an Irritation, when they exert their natural Elasticity.

3. That if we can Cure the Obstructions in the Nerves by Cold Baths, Obstructions in the Blood-Vessels are much easier to be relieved, *viz.* Pains, Tumours, Inflammations, Coagulations of Blood after Bruises, and these depending on sizy Serum in greater quantity, require also more Sweating after Cold Bathing.

4. Cold Baths agree with Children, because they are naturally very hot, and subject to Fevers, Pains, Scabs, Swellings, Convulsions, for which also Cold Baths are useful.

3. I will lastly consider in what Diseases we may most conveniently use Cold Baths, and for which they are improper; and subjoyn some Remarks, both on the proper Season for them, and some Cautions in the use of them. As Hot Baths agree best with the Cold Constitutions, and Cacochymias, so Cold Baths are most proper for all the Hot Tempers; for young Persons above Twenty-five, for People of a lively Spirit.

1. Cold Baths agree with the bilious Tempers, and Diseases which depend on the Blood

Blood or Animal Spirits over-rarified in the hot Scurvey.

2. With the windy Conſtitutions, as appears by the benefit the Hypochondriacal and Hyſterick receive by them, as well as the Aſthmatick and all Nervous Pains.

3. With the Salt Tempers and Diſeaſes depending on Saltneſs of Blood, as is proved by the Diſeaſes of the Kidneys, and the Gout, in which Cold Baths have great Effects, in curing the Pains both of the Stone and Gout.

4. The viſcid Temper of Humours requires alſo Cold Baths, as is evident in curing the Rheumatick-pains.

5. The putrid State of Humours require alſo Cold Bathing. I once ſent a Woman to *Willowbridge*, who had great benefit by it for her Leprous Scurfs by Bathing ſome Weeks there, and by drinking the Water.

2. *Galen* cured Hecticks, Ephemera's, by Cold Baths; and he preſcribes them in putrid Fevers, without any Inflammation of the *Viſcera*, in the height of the Fever, after the appearance of Concoction in the Urine in young People, and in the Summer-time; and the like good Succeſs happened to a Woman in a Fever at *Aldermas*, who by leaping into a Well, was immediately relieved,

relieved, and had both her Fever and Delirium cured by it. *Galen* observes, That the feverish by going into Cold Water, either Purge or Sweat, by which a Crisis is made, as well as by drinking Water at the same time of the Fever.

The *Hydrophobia* requires Cold Baths, and that has been practised in all Ages for it. *Americus Vespucius* relates the manner of the *Americans* in curing their Fevers. When it is come to the height, they Immerse themselves into Cold Water, and after run about a hot Fire till they Sweat and Sleep.

3. *Oribasius* lived long after *Galen*, and no Physician ever preferibed Cold Baths with so much assurance as he at all Seasons. He commends them (by a Quotation out of *Herodotus*, *De aquis spuntè nascentibus*) for Defluxions, for Distempers of the Bladder, for Pains of the Head, and malignant Ulcers; and for these Diseases the Patient is advised to stay in the Water but a little at first, *viz.* half an Hour, and so increase to two Hours, if the Pains require it; but we must be more cautious, and stay in the Cold Bath but little at first, and no longer than we can well bear it at any time, 3, 4, 5 or 6 Minutes.

Oriba-

Oribasius quotes what *Galen* has writ, concerning the Preservation of Health by Cold Baths; and many other curious Observations out of *Agathinus*, concerning Cold Baths, which deserve to be known by all; and for that end I have translated *Agathinus*'s Words, *They who desire to pass the short time of Life in good Health, ought often to use Cold Bathing; for I can scarce express in Words how much benefit may be had by Cold Baths; for they who use them, although almost spent with Old Age, have a strong and compact Flesh, and a florid Colour in their Face, and they are very Active and Strong, and their Appetites and Digestions are vigorous, and their Senses are perfect and exact; and in one Word, they have all their natural Actions well performed.* By these particulars we may easily discern how much the Cold Bath preserves our Healths, and by the contrary Effects how much Hot Baths prejudice our Bodies, by making the Flesh loose and flaccid, the Colour ill, the Nerves weak, and they destroy the Appetite.

Agathinus mentions the Custom amongst the barbarous Nations (by which he means the *Northern* Nations, the *Germans*, *English*, and *Scythians*, (that it was their Custom to put their Children every Day into Cold Water;

Water; whilſt others boiled them in Hot Baths, by which they became ſubject to Convulſions; (by this Obſervation we are inſtructed how to prevent Convulſions by Immerſing them in Cold Water at their Baptiſm, and every Day by waſhing them all over, till they are three Quarters of a Year old) he adviſes Cold Baths to all Boys after their Infancy, though *Galen* uſed it not till the 25th Year.

Galen adviſes the beginning of Cold Bathing by them who are not uſed to it, to be in Hot Weather; but *Agathinus* ſays, It may be begun at any time of the Year without any Danger, as he has obſerved many to do; and if any difference be made, he would prefer the Spring. The uſual Caution he gives, as well as *Galen* and *Herodotus*, is to uſe Cold Baths when the Stomach is empty, and to warm our ſelves with moderate Exerciſe before our going into the Cold Water. The beſt time for going into the Cold Water, he ſays, is about Dinner-time, neither ſooner nor later. He adviſes to put off the Cloaths in the Sun, where no Winds blow; and if a Rigour ſeize him, to Cloath again and walk, or elſe to uſe Friction with his own Hands, to anoint moderately with Oyl; by which if the Body be warmed, it is ſufficiently

prepa-

prepared for a Cold Bath, into which he muſt deſcend ſuddenly.

He adviſes, That the Cold Water ſhould neither be froze, nor of a Coldneſs too remiſs, for this does more Injury than the other; and he prefers the uſe of Sea-water for the firſt Cold Baths, which has coldneſs enough, and ſome warmth from the Saltneſs. He adviſes to go in at the ſame time thrice, at firſt with a little rubbing, after to rub much and anoint, and go in again, and to continue their Swiming longer than at the firſt time, and then to return to the Friction and Anointing, and after to go in a third time; and if he ſtays but a ſmall time, to place the Head and Stomach under the Aqueducts, or elſe to have many Veſſels full of Water poured on him, (and this is the καταλουτρομὸς or καταχυσις, to which *Hippocrates* attributes the ſame Virtue as we find in Cold Baths) and after all moderately to be rubbed with Oyl, not to relax too much; after to rub the Body with a Strigil, till it is moderately red, by which the Body is ſtrengthened and made ſmooth. He obſerves, That though we have eat, we may uſe it upon the account of extream Heats and Burning: and that he himſelf in extream Heats, did uſe Cold Baths after Supper to procure

Sleep,

Sleep, by which he procured a pleasant Night's Rest. He advises us to stop the Ears, which Parts suffer Injury by Cold Baths, which *Agathinus* wonders at, since Cold Baths are more useful than any other Regimen for Preservation of our Health.

I have here mentioned most of the Cautions prescribed by the Ancients, the rest I will quote from *Galen*, who prepared the Patient for Cold Baths, by putting them into the Hot first; on the *North* side of their Baths the *Romans* had their *Piscinæ*, which were called by the *Greeks*, κολυμβήτρας, and sometimes ἐμβαπτιστήρια, and these received Cold Water from some Spring, and in these they did Swim after their Exercise. *Galen* thought Cold Baths injurious to Old Men, and Children; thin Habits in the Winter, and to those who were not accustomed to them, and after eating; but Experience shews these Cautions needless. Old Men have experienced them when above Sixty. Springs being warmer in Winter than Summer, they may be used then, as in Sir *H. C's* Case. We have tried them in Children sufficiently in curing their Rickets, and in thin Hysterick Women, and Hypochondriacal Men, and they have assured me, that they became more fleshy thereby. An Old Man at *Asbby de la Zouch*,

of

of Seventy Years old, who had a Pain in his Back, and Lameneſs, uſed *Willowbridge* Bath, by which he was cured the firſt Year, and when the ſame Infirmity returned, he uſed the ſame a ſecond Year, and was wonderfully relieved by it.

The old Friction may be uſeful, if the Body be very cold, both before and after Bathing; and to prevent any Inconveniences, the Patient ought at firſt only to dip two or three times, and not to ſtay in the Cold Water. If we preſcribe Sweating after the firſt Bathing, we ſhall thereby diſcuſs all the Hot Vapours produced by thoſe Hot Cacochymias, which require Cold Baths, and have thereby the ſame advantages as they who uſe Hot Baths before the Cold. As to the Unction uſed by the Ancients, that may relax the Skin dried and ſhriveled by Cold Air and Cold Water, as well as by Hot Air in Hot Countries, and Hot Water. This was the Practice of the Old *Britains*, to Paint themſelves when they went naked. And *Hippocrates* adviſes to anoint towards Autumn and Winter to defend our Bodies from the Cold. But in this preſent Age the *Northern* People only dip themſelves in Water, to harden their Skins, and to ſtrengthen the whole Body without any Friction or Anointing, but

but they uſe Exerciſe afterwards to warm them.

They who have a weak Heat, and are much decayed, muſt not venture on Cold Baths; nor they who are intemperate, and have Eat or Drank extraordinarily, becauſe the Diſtribution and Conſumption of an abundant Chyle being ſtopt, it muſt occaſion Fevers or Defluxions.

If the Spirits be ſunk by Looſeneſs, Vomiting, Venery, Watching, or any other Evacuation, we cannot well bear the Cold Baths; our Spirits being weak, will be overcome by its Chilneſs.

In the Fits of the Gout, Epilepſy, and in Inflammations of the Lungs, in the beginning of putrid Fevers, Iliac Paſſions, and in the Gripes, and during any Defluxion, Cold Baths are improper, for they hinder Expectoration, repel Pains, promote the preſent Defluxions and Fluxes, and Pains; but when theſe Acute Diſeaſes, or Chronical Pains and Defluxions are ended, 'tis certain that Gout-pains are prevented by Cold Baths, and uſing to waſh the Feet.

Auguſtus was cured of his Defluxions, as *Suetonius* relates, by Cold Baths; and Cold Baths as well as Water-drinking, prevent all Inflammations, Pains, and Effer-

veſcencies

vescencies of Humours, on which Defluxions depend.

Ætius commends Cold Baths for Lassitudes in ill Habits of Body used at certain intervals. And he advises them, who are burnt by the extream Heat of the Sun, to use a Perfusion of Cold Water all over.

4. Most Evacuations depend on Effervescencies, and Defluxions of Humours: too much Evacuation by Sweats or Perspiration in the *Boulimia canina*, are cured by Cold Baths, as *Ætius* advises, who also commends Cold Baths for the *Catamenia* too abundant, as well as the Whites, and *Pollutio nocturna*, and Simple *Gonorrhœa*. Though the External Perfusions stop the Menses and Hæmorrhagies; yet Cold Baths affect the Head, and move the Blood too much to stop Hæmorrhagies, but they rather increase them. To prevent the Pain of the Head, occasioned at first by Cold Baths, they lay a wet Cloath on that Part, or wash it first.

5. *Cælius Aurelianus* quotes the *Greeks* for curing the Head-ach by the *Pseuchrolusia*: and the reason of that Cure is evident, because a *Hemicrania* is a Species of Rheumatisms; and in the *Sciatica*, running Scorbutick-pains, and Pains of the Shoulders, Cold Baths have certain Effects.

Hypochondriack-pains, Gout-pain, Strangury, Nephritick-pains, Convulsive-pains, Hysterick-pains, are all cured by Cold Baths. For which I may quote *Hippocrates's Aphorisms, Lib.* x. Cold Water largely poured on the Part affected, cures Swellings, and Pains in the Joints, if without Ulcers; and also the Gout-pains, and Convulsions, all which it eases, and diminishes the Tumours, and takes away the Pains, for it occasions a Stupor which eases Pain.

Hippocrates also advises Cold Water in Inflammations, and Heat with redness from fresh Blood; and he declares, that Cold Water hinders any Pain from ripening.

I have mentioned the great Effects Cold Baths have in rarified hot Bloods in the hot Catochymias, in Fevers, Defluxions, Pains, Inflammations, and some Evacuations of Humours. And I shall next give a Catalogue of the Effects Cold Baths have in Nervous Diseases, which are very much relieved by them, because the Animal Spirits are too much rarified in such Distempers. But as to the great Effects which Cold Baths have in curing Paralytick Obstructions, I have sufficiently described them already. I can only add a remarkable Pas-

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sage in *Hippocrates*, in his Book about Virgins, concerning the Nature and Cure of a Torpor or Stupidity of the Limbs, which is produced by forcing the Blood and Spirits to stand in the part by an External Compression; but he describes it by forcing the Blood from the Hips and Thighs into the Legs and Feet; and by this Torpor an Impotency to Motion is occasioned, till the Blood return to the same place, which he says will soon return, if any one stand in Cold Water above the Ancles. By this Quotation 'tis evident, That *Hippocrates* never knew the Nature of the Circulation, but he well apprehended that the Blood had a Motion given it by Cold Water; but what he imputes to the Blood, is due to the Nerves also, which being compressed, produce both the Torpor and Palsy, which differ only in degree: and that both these were cured by Cold Baths, is very evident by the Book of Liquids, in which *Hippocrates* commends Cold Baths for Paraplegies, Lameness, Stupors, (νάρκαι) and loss of Speech. By this Cure of external Stupors, as *Hippocrates* directs, ἢν δὲ ἔνδοθι ψυχεῖ, 'twas easy to infer, That all inward Stupors, such as are those of the Hysterick and Hypochondriack, were cured by the same Method, *viz.* by Cold

Baths: And of the higheſt degree of theſe, *Hippocrates* Treats, in which are great Fevers, *Deliria*, Appearances of Dæmons, Suffocations both in Men and Women. In Cold Countries the Extremities of the Body grow Stiff and Torpid by Cold, and if they apply hot things, or come near the Fire, the Noſe, Ears, Hands, or Feet, are apt to fall off; to prevent this Mortification, the *Polanders* and *Ruſſians* before they warm themſelves, put their Torpid and Frozen Parts into Cold Water, which Expeſience, and not any Learning has taught them, to Cure the Injuries of extream Cold Air, as well as to fortifie their Bodies thereby againſt the Senſe of it. And Mr. *Boyle* obſerves, That frozen Eggs will Thaw faſter in Cold Water than in the open Air; from which Experiment we may conclude, that Cold Baths may ſafely be uſed in Winter, to cure congealed Humours, or too much coldneſs of our Bodies. An Exceſs in Cold Baths is certainly injurious; for *Galen* tells us, That *Alexander the Great*, whilſt he waſhed himſelf in the Summer-time in the River *Cydnus* in *Cilicia*, was ſeized with a Convulſion, Tremor, and Torpor. And in after Ages, *Frederick Oenobarbus*, the Emperor, died by Waſhing

Lib. 1. *Of Procatarctick Cauſes.*

ing in the ſame Water. Theſe misfortunes in the Uſe of Cold Baths, may be attributed to thoſe Emperors uſing of Cold Baths when Hot, or after great Surfeits, or their ſtaying in them too long; but that this Water of *Cydnus* might be uſed with great benefit, *Strabo* affirms, who ſays, *Georgic.* XIV. That the Water of it was very Cold and Rough, and that it was very beneficial in curing the Gout, and that it helped the thick Humours, which poſſeſſed the Nerves, both in Brutes and Men. The ſame truth *Vitruvius* and *Pliny* afterwards confirm, and aſſure us, that the ſame Water being poured plentifully on the Gouty, immediately eaſes that Pain.

There is a dangerous Practice at *Willow-bridge*, of which I have heard ſome Patients complain: they wear the wet Shirts, in which they bathed, all Day afterwards, by which ſome were over-chilled; but I have heard others, that were more ſtrong, who bore that Practice without any injury, as they informed me. The Inſtances I ſhall give of Cures done in the Diſeaſes depending on rarified Spirits, are in Watching, and the ſeveral kinds of *Deliria*.

I have given *Agathinus*'s Experience, That Cold Baths will procure good Reſt,

and the ſame Effect we obſerve after Bathing in Rivers,

——————————*Ter undam*
Tranſnamo Tyberim ſomno quibus eſt opus alto,
Horace lib. 2. Ser. Satyr. 1.

and if thereby reſt can be procured, the Cold Bath will prove uſeful in curing Madneſs, wherein that is always wanting. *Mercurialis* informs us, That he cured a Woman of a *Furor uterinus*, in which they oft drown themſelves, by a Cold Bath; and he deſcribes it thus, *Eſt appetitus venereus cum uteri ardore & delirio; do venere loquuntur, & tanquam furiâ quadam agitantur.* I once diſcourſed with Dr. *Tyſon*, about curing Madneſs by Cold Baths; and he informed me, That he had uſed it ſucceſsfully in a Woman who deſigned to drown her ſelf. *Celſus* adviſes for curing the Madneſs called *Hydrophobia*, to throw the Perſon into a Pond, that he may be forced to Drink; and we commonly in *England* ſend Perſons bit by a Mad-dog to Bathe in the Cold Water of the Sea, which cools and purges.

I have been informed of a Phrenetick Fever which was cured by Bathing the Head with Cold Water. And there are

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ſome Authors, who adviſe the putting them into Water.

Not only ſhaving the Head, but moderately Bathing of it, may be uſeful to the Maniack, and the fomenting the Head with Vinegar and Water, was practiſed by ſome Phyſicians; and ſince Cold Baths Cool, Sweat, and cauſe Reſt, they ſeem a true Specifick for the Maniack, which farther Experience may fully confirm. I have met with ſome Inſtances of Perſons in the Small Pox, who cured their Frenzy by leaping into Cold Water.

2. All the Hot Windineſs of the Spirits require Cold Baths, ſuch are thoſe of the Epileptick Vertigo, Convulſions, Hyſterick or Hypochondriack Suffocations, Palpitation of the Heart, *Chorea Sancti Viti*, Chincough, Hiccough.

I have given a Caſe out of *Hippocrates*, to prove Cold Baths to be uſeful to the Hypochondriack: And one of the Cures mentioned above, was in an Hyſterick Woman. As to Convulſions, or Sprains, *Hippocrates* in his Aphoriſms mentions σπασμὸς as ſome of the Diſeaſes for which we ought to uſe Cold Baths.

Cœlius Aurelianus preſcribes Swimming in Cold Water to prevent the Epilepſy; and though he diſlikes the fomenting the

Head with Vinegar and Water; yet he ſays, other Sects uſed it in the Fit: but ſince Wine, hot Diet, hot Baths, fetid Smells, occaſion the Fits of the Epilepſy, we may rationally try their contraries, cool Diet, Water-drinking, waſhing the Head with Cold Water, or the old *Poſca* to prevent the Fits.

For the *Vertigo*, the Learned *Baccius* adviſes, *Caput frigida aqua perfundant; his vero qui valde calidum caput habent, etiam roſaceum cum aceto adhibendum, ipſumque ex ſali entibus aquis in balneo frigefacere, vel ex vaſe perfundere expedit.*

3. All the Inflations of the nervous Parts require Cold Bathing, ſuch are the Aſthma, Tympany, *Priapiſmus*, *Incubus*, Inflations of the Stomach, and the *Uterus*, and flatulent Tumours of the External Parts; theſe Diſeaſes are produced by a hot rarified Spirit, and are eaſily relieved by Cold Bathing, which compreſſes the rarified windy Spirits.

Cælius Aurelianus commends the uſe of natural Waters in the Aſthma, ſuch as in *Italy* were called the *Cutiliæ* or *Albulæ*; and adviſes the *Cataclyſmus* of them upon the Parts affected. He commends the Sea-water, or the *conſuetudo frigidi lavacri, quam pſeuchroluſiam appellant.* I am certain

no

no Hot Regimen can be proper for the Aſthma, but the Cold is very uſeful, *viz.* to drink Water in a Morning, to ſhave oft, and waſh the Head every Morning, and a Cold Bath once in a Month or fourteen Days.

As to the *Onirogonon*, *Cælius* commends the *Pſeuchroluſia* for it: And in the *Priapiſmus*, he adviſes the ſame Method as in the Diſeaſes of the Bladder, which are to Drink and Waſh in the *Albula*, which hath the Stypticity of Alum; but in the Diſeaſes of the Stone, he adviſes to uſe either Salt, or nitrous Water, *quæ potandæ, & lavacro adhibendæ.*

For the Tympany, *Cælius* adviſes thus, *Adhibenda natatio maritima, vel aquarum naturalium*: He eſteems it a Species of the Diſeaſes depending on an *Empneumatoſis*; and in this Caſe he adviſes Sweating alſo, which may be effected after Cold Bathing, and is proper in all Caſes in which the Serum abounds.

Cold Water poured largely upon any part affected with a *Tetanus* cures it; therefore Cold Baths are uſeful in the ſame Caſe; and in the Gout, and other Pains there is an Inflation of the Membranes, for which Cold Baths are proper.

Seneca,

Seneca, as appears by his 78th Epistle, was subject to the *Asthma*, which he calls *Suspirium*, for which he used a Gestation for his Exercise, *cum ex aliqua causa spiritus densior erat.* He describes it thus, *Brevis valde & procellæ similis impetus est, intra horam fere desinit, aliud quicquid est ægrotare, hoc animum agere.* And 'tis very probable that he used Cold Bathing for it, Epist. 54. *Memor artificii mei veteris mitto me in mare, quomodo pfrenchrohitum decet gausapatus.* See Epist. 83. *Ab hac fatigatione magis quam exercitatione in frigidam descendi.* By this Instance 'tis plainly proved, that *Asthmatick* used Cold Baths in *Italy*, where *Cælius Aurelianus*, or *Soranus*, advised their *Pfrenchrolusia.*

Baccius commends Cold Baths against the Poyson of the Juice of Mandrake, which has an opiate Faculty; and this hint ought to excite Physicians to inquire how far, and on what account Cold Baths can help the Poison of Opiates.

In Sleep, the Spirits return inward to the *Primæ viæ*, to help Digestion and the Peristaltick Motion; they also leave the Exterior Muscles, Membranes, and Senses, to supply a greater vigour to the Muscle of the Heart, whereby Nutrition and Distribution of the new Chyle, and Sanguification

is

is very much promoted; the respiratory Organs then also have their Motion continued in Sleep, because they also promote the motion and mixture of our Humours. The Effects then of all Opiates, must be to draw the Animal Spirits from the External Senses and Parts into the inward Nerves, to promote the Peristaltick Motion, the Pulsation of the Heart, and Respiration. 'Tis certain, that the immediate Effects of Opiates are first in the Stomach, and vomiting them up immediately cures them; and 'tis as certain, that Opiates work on the Stomach by their nauseous Bitterness, and Acrimony, and Fetid Smell; this nauseous Taste gives a purging Faculty to *Solanum Lignosum*, Tabaco, *Mirabile Peruvianum*, and after the stupifying Effects of the Opiates are over, they oft vomit in the Morning, which is occasioned by the nauseous Bitterness, (Opiates being slimy as well as bitter) and the Fœtor and the Acrimony of the Opiate passes into the Nerves, which are next to it, *viz.* those of the Stomach, Heart, and Diaphragm, which are about the Mouth of the Stomach, and in them they cause a pleasant Sensation, which as Dr. *Jones* has ingeniously described in his *Mystery of Opiates*, causes a Relaxation of the Exterior Parts and Sen-

ses.

ſes. That this Senſation may be imputed to a Delirium is probable, becauſe all Opiates in great Doſes produce ſuch Effects; for ſuch is the Effect of *Cicuta*, *Henbane*, Poppy in hot Conſtitutions, and *Solanum furioſum*, and Mandrake. And *Hippocrates* tells us, That they who are hurt in any Part, and feel no Pain, are certainly diſtempered in their Minds, and the Inſenſibility of Pain, Thirſt, and Evacuations, are the known Effects of Opiates.

Mandrake is deſcribed to be nauſeouſly Bitter and Fetid, which produces a Fœtor in the Body, Madneſs, intolerable Itching and Burning in the Skin, Red Eyes, Tumid Face, Drineſs in the Mouth, Sadneſs, Dulneſs, Languor; theſe Symptoms may be relieved by Cold Baths, which promote the Perſpiration of the Fœtor, and excite the Stupidity by affecting violently the outward Senſes; they cool the Itching and Burning in the Skin, the inflamed Eyes, the nauſeouſneſs of the Stomach, and ſleepy Langour of Spirits; and this Effect ought to oblige us to inquire farther, how far Cold Baths may be proper for ſleepy Diſeaſes, of which kind the Apoplexy, Lethargy, and *Incubus* may be reckoned, and the Sleepineſs preceding Fits of the Mother, and other Convulſions. If the Apoplexy,

plexy, Palsy, and Lethargy have Rheumatick Blood, and very Sizy, upon that account Cold Baths after sufficient Evacuation by Bleeding, Vomiting, Purging, may excite the Stupid, and promote the Motion both of Viscid Spirits and Sizy Blood: And 'tis not to be thought a Paradox, that Cold Baths should be proper for the Apoplexy, since 'tis so useful for the Palsy, and Cures certainly all the Species of it, which are mentioned above; to which may be added, the Palsy of the Eyes, the Flux of Tears, Weakness of the Lips, *Lapsus Seminis*, *Atrophia Nervina*, Palsy of the Diaphragm, Lungs, Guts, *Oesophagus*, Stomach, *Penis*, and prevents sudden Death, which *Hippocrates* calls the Palsy of the Heart. 'Tis obvious to argue, if Cold Baths can Cure all these Effects of an Apoplexy, which we call different Species of the Palsies, why may we not believe they may Cure the Stupor in the Head and Limbs? *Celius* very much commends the *Alhulæ*, which are Cold Waters, and Swimming in the Sea for all Palsies. 'Tis certain, That Hot Baths when used by young, or Hot Paralyticks, oft occasion a new Fit of the Apoplexy. The Sea-men cure their Sailors by throwing them into the Sea when they are Dead-drunk, which

which excites their ſtupid Senſes, and makes them very Sober. The drowſineſs in Apoplexies is from Stagnation of the Blood; but in Drunkenneſs and Convulſions, from the filling the Nerves with Serum; and in both theſe Caſes Cold Baths may be uſeful, becauſe they cauſe the ſtagnating Blood to move; and they prevent Defluxion through the Nerves, which happen in Aſthma's, Hyſterick Fits, Convulſions, at which time the Sleepineſs oppreſſes the Spirits. At the end of all Defluxions, *Celſus* adviſes the change of the Air, and the uſe of Common Water to Drink, and to foment the Head; And ſince all Hot Baths, Hot Wines, Hot Fumes, produce Defluxions, and increaſe them, it ſeems very rational, That Cold Baths as well as waſhing the Head will prevent them. In all Catarrhs the Rheum is poſted through the Glands, about the Mouth, Throat, Head, Neck, and waſhing the Head prevents the Defluxion of Serum that way by conſtraining the Glands. And for this Effect I can rely on *Celſus*, as well as common Experience, which aſſures us, That Hot Baths weaken the Head, and that Cold Water ſtrengthens it: Defluxions depend on Effervescencies, Ephemeras or Putrid Fevers. And *Galen* has obſerved that what Fevers are cured by

Bath-

Bathing, are cured rather by the help of cold Washing, than by the hot temperate Baths, or after these the Feverish ought to descend into the Cold Baths.

Paulus advises Cold Baths for the Dimness of Sight, which depends on a Defluxion through the Nerves; and if the Eyes be opened in the Water, he says, they will be considerably strengthened thereby.

Cælius blames *Diocles* for recommending the *Pfeudobrolufia* in the Ulcer of the Lungs, which though it cannot be cured thereby, yet the Hectick may be helped in some measure; and Cold Baths will prevent Impostumations, and the Tumours which preceed the Phthisick, after due Evacuations, and mixed with the method for curing Defluxions. The reason why they are not good for the Tabid, is, because they will hinder Expectoration, and promote Looseness.

Cælius advises, after the Cure of Spitting Blood, *Iucunda Consuetudo frigidi lavacri*; therefore Cold Bathing will prevent all Hæmorrhagies.

Cælius commends Cold Baths for preventing the Gout, such as the *Cotilie* and *Albulæ*, in *Italy*. *Dabit enim aliis integram sanitatem, aliis rarum doloris admonitionem.*

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The old *Athletæ* bathed in Cold Water oft, to prevent any unchaſt Deſires, they being generally forbid the uſe of Women, and the ſame is proper for natural Pollutions.

All Inflammatory Pains which depend on ſizy Blood, ſuch as thoſe of the Rheumatiſm, Pains of the Ears, Eyes, Limbs, Teeth, Head, are certainly relieved by Cold Baths.

All Pains depending on Salt or Corroſive Humours, ſuch as the Gout, Stone, Strangury, are relieved by Cold Baths: the Pains of the King's Evil and Cancer, have not yet been tried.

Celſus commends Cold Baths for the Jaundice in Summer, ſo that we may by this obſerve, how much they promote the Secretion of Humours through the Glands.

Seneca informs us, That the *Romans* waſhed their Legs and Arms every Day, but they waſhed their Body all over only on their *Nundinæ*, which was every ninth Day: and this Cuſtom we may well imitate, becauſe of the Changes of the Moon happening once in fourteen Days. By this ninth Days waſhing in the Summer time, all Defluxions of Humours, and other Alterations depending on the Moon will be prevented, eſpecially if we waſh every day the Head,

Head, as well as the Arms and Legs, the Body will be thereby kept very cool.

The Spring used at *Rome*, was that called *Virgo*, which was very Cold, and in that they bathed after hot Baths, or moderate Exercise.

Virgine vis fol[illegible] abire domum.

I find in Dr. *Leigh*'s History of *Lancashire*, some Passages relating to Cures done by Cold Baths: I think my self (and all our Country also is) obliged to him for them and many other curious Observations, with which his Books are filled, relating to Waters, Minerals, and Animals, &c.

He tells us the most remarkable Cold Spring is at *Sorbeck* in *Lancashire*; and that upon the Immersion of the Hand into it, the Hand grows extreamly Red, and that a violent Pain is perceived in it, and that it is a Chalybeate Water; and that if a Thermometer be suspended in it for half an Hour, the Spirit in it will subside an Inch. If the Spirit will subside an Inch, that shews how much the Animal Spirits may subside by Cold, as well as be compressed by the weight of Cold Water upon Bathing in it. Our ordinary Barometer

ſubſides in our Climate upon the Changes of Weather near three Inches; and that ſhews how much the Alterations of Weather uſually change the Rarifications of our Humours in Air, or Climate; and if we deſign to fortify our ſelves againſt Cold, which compreſſes, and in our Climate alters our Blood and Spirits, we muſt always keep them compreſſed by Cold Baths: for in Cold Climates, about Eighty-one Degrees from the *Æquator*, the before-mentioned Doctor informs us, That the Barometer alters not above half an Inch by the Changes of Weather; therefore in Cold Climates the Humours ought to be conſtantly kept compreſſed, and the Air lodged in them condenſed: So on the contrary in the Climates near the Line, the *Barometer* alters little, there the Air is moſt rarified, and the Air in the Blood ought there to be always kept in a rarified State, and not to be over-compreſſed by a Cold Regimen. In our Country, which lies betwixt the *North* and *South*, the Alteration of the Air, and its condenſation by Cold is more than its Rarification by Heat; therefore ſince Cold exceeds the Heat, we muſt adjuſt our Air in our Humours, to the ſame Temper, and keep our ſelves more cold than hot; for the hotter we

keep

keep our ſelves, the more we ſuffer by any Cold that happens, as well as the Alteration of the preſſure of the Air, which is very great in our Climates. For the Doctor tells us in Degree 45. the Barometer alters three Inches, but in 60, two Inches, in 75, but one Inch; and in 15 from the Line, one Inch; and in 30, two Inches.

All tenderneſs ſeems to depend on being kept too hot, ſo that we cannot bear the ſenſe of our own Air, and this is only to be cured by Cold Baths; and if we be affected by the Changes of Weather, that happens by the Effervescences which are promoted by the Alteration of the Preſſure of the Air; which is beſt prevented by keeping the Humours cool, and of the ſame Temper as our Air, for then they will eaſily condenſe and rarify with it, and not run into violent Ebullitions, if the Air become lighter, nor become ſizy if too Cold, or over-compreſſed.

The ſame Author, *Page* 54. *of Lib.* 2. gives this Obſervation, In Leprous Diſtempers, Scorbutick Rheumatiſms, and the Rickets, and Scorbutick Atrophy, before the Hectick heat be too intenſe, I have not known any Medicine to perform the Effects which theſe Waters frequently do.

In the Leprosy, which he truly takes to be a Species of the Scurvy, *Lib.* 2. *Page* 56. he commends Chalybeate Waters, Cold Baths, and an Abstinence from Flesh-meats, by which Dr. *Baynard* recovered his Patient from the Leprosy, when Bath-waters and Salivation did not succeed.

If Cold Baths are proper for the Scurvy, and Consumption, then they are useful in the several Species, and Complications of them with other Diseases.

The Scurvy is complicated with Hemicranias, Pains, Dropsy, Jaundice, Ulcers, Vertigo, Asthma, Convulsions, &c. and in all these for the Scorbutick Humour, which is Salso-acid, Fetid, Acrid, Bitter, Bilious, and like their Urine, which is bitterish, fetid, and lixivial; in all which Cold Baths are useful. Under the name of the Scurvy, divers Diseases are comprehended, because we may observe in it the Complication of divers Cacochymias.

On the Acrid, Salt, or Corrosive Humours, depend the Corrosion of the Teeth and Gums, the excessive Pruritus in the Skin, the Diarrhœa, Coughs, Sweats, Atrophy, Consumption, and Lixivial Urine. On the Viscidity of the Blood, the Hemicrania, Inflammations, Pains in the Skin, Limbs,

Limbs, Teeth, Tonsils, and all Pustules depend.

On the Putrefaction of Humours, the Fœtor of the Mouth, the Spots in the Skin, Putrid Spits, Scorbutick Ulcers, Gangrenes, Morphew, Scurf, Lepra, Hemorrhagies by dysentery, Hemorrhagies by the Nose, Vomiting, Coughing, and by the Gums.

On the Flatulent Cacochymia, all the Symptoms in the Nerves depend, Convulsive Motions, Trembling, Stupor, Beating, Vermiculations, Coldness, Numbness, Palsy, Erratick Pains, *Chorea Sancti Viti*, Colick, Asthma, Epilepsy, Vertigo, Hypochondriack and Hysterick Cases. I have enumerated all these Symptoms of the Scurvey, to shew in how many Cases Cold Baths may be used for the Scurvey, and that where it agrees with the Cacochymia, it will generally agree with all the Diseases depending on it. By the several Cacochymia's mentioned in the Scurvy, we may observe, that Authors call all the Hot Cacochymias, the Acrid, the Bitter, the Viscid, Salso-acid; the Acid, and Putrid, the Scorbutick Humours.

Consumptions depend on divers Diseases, such as Evacuations, *Fluor albus*, *Diarrhœa*, *Diabetes*, Scurvy, Rheumatisms, Stone, Gout, Asthma, *Chlorosis*, Rickets, Surfeits,

Hæmorrhagies, Obſtructions, &c. And where the Original Diſeaſe will admit of Cold Baths, there they muſt be uſed to cure the Hectick; and ſince the Conſumptive have always a Sizy and Salt Blood, for them alſo Cold Baths are uſeful to correct thoſe Cacochymia's.

Since Hot Baths propagate Infection, why may we not try cold ones to prevent it? Infectious Diſeaſes are very rare in Cold Countries, and the Hot Blood is ſooner infected in Children, than the Cold in Old Men. Hot Baths occaſion Faintneſs; therefore Cold Baths by keeping in the Spirits ſtrengthen them.

By all the Particulars mentioned, I have proved that Cold Baths are proper Specificks or Antidotes againſt Opiates, and ſleepy Diſtempers, for which they are effectual; Anti-hypnoticks againſt Defluxions, Inflammations, Pains, the beſt Preſervatives and Anodynes; they are alſo good Anti-Phthiſicks, Anti-Scorbuticks, Febrifuges, Anti-Rheumaticks, Anti-Rachiticks; and in a word, the beſt and only effectual Cephalicks, Anti-Paralyticks, and Anti-Convulſives, Diureticks and Sudorificks, &c. I think I have need to ſay no more of Common Cold Baths, but will give ſome Character of two other Cold

Baths,

Baths, which I met with in the old Writers, *viz.* thoſe of Sea-Water or Nitrous Springs.

Since we live in an Iſland, and have the Sea about us, we cannot want an excellent Cold Bath, which will both preſerve our Healths, and cure many Diſeaſes, as our Fountains do.

Swimming in the Sea is commended by *Aritæus* for the Cold Pains of the Head. By *Ætius* for the ſtoppage in the Noſe, and loſs of Smelling, if we uſe it conſtantly. By *Celſus* and *Antillus* for the Dropſy, Scab, Leproſy, and Spots in the Skin, or any Defluxion on the Legs, or any other Part, and for the Atrophy. *Cœlius Aurelianus* commends it for the Palſy, the weakneſs of the Stomach, the Jaundice, Spleen, Obſtructions, or the Cacheſtick, and in Pains of the Head, and Epilepſy. *Ariſtotle* obſerves, That the Sea will much better carry the weight of our Bodies than Common Water, and he ſays it is more wholeſome, and that it cauſes a greater expence of Humour than riding in a Coach; it makes the Body lean, ſtrengthens, heats, and attenuates.

I have ſufficiently enumerated the Benefits of Cold Baths; and that I might prevent

inconveniences, I will mention the Injuries done by them.

'Tis obſerved by *Antillus*, That all ſort of Swimming offends the Head, the Circulation of the Blood being outwardly checked, it is forced inwards for the preſent; this is to be prevented by laying a wet Cloth or Night-Cap on the Head, or wetting that firſt, and diving under water.

Cold Baths ſometimes procure Deafneſs, which may be prevented by ſtopping the Ears, or uſing them leſs, and not too frequently, nor ſtay in too long at any time.

An exceſs in Cold Bathing occaſions Gramps, Horror, and Fevers; all theſe are prevented by ſtaying in them no longer than we can bear the Senſation of the Cold Water without exceſſive Chilneſs, and to uſe Friction before or after; theſe Inconveniencies the *Romans* prevented by Friction and Unction, which heats the Body, and by heating the Body with moderate Exerciſe before.

The ſame Errors may happen in the uſe of Cold Baths, as in the Hot Baths; they may be uſed in unſeaſonable Weather; and in very cold Weather Cold Baths cannot be convenient, but from *June* to *September* they may ſafely be uſed. Cold Baths may be uſed as well as Hot Baths in proper Caſes:

Cases: Cold Baths agree only with Hot Constitutions, and not with Cold, not impaired, weak Spirits, and very old Persons, not after Exercise and great Lassitude, nor during great Inflammations affecting the inward Parts, as in Pleurisies, Phthisicks, Colicks, nor after great Surfeits, and full Meals, and in Convulsions.

To prevent these Inconveniences, let every Person consult some Physician, who may better know his Constitution, the Nature of the Disease, the proper time for using Cold Baths, and may first use all proper Methods of inward Medicines, and after them use Cold Baths, *Secundum artem*, and not Empirically.

We may abuse Cold Baths by going into them when too Hot, and by using them too frequently, or staying in them too long, or by holding the Head under the Springs, or bucketing the Body, or Breast, or wearing wet Linnen after them all Day. For Example of these Misfortunes, let all Persons reflect on *Alexander Oenobarbus*, and Young *Marcellus*, amongst the Ancients, who received Injury by Cold Baths. And *Suetonius* tells us, That both the *Vespasians* died at the Cold Waters at *Cutilie*. But *Pliny* commends these Nitrous Waters for the Stomach, Nerves, Joynts. And

Celsus

Celsus commends them in the Resolution of the Stomach and Atrophy. And *Vitruvius* commends them for the *Struma*. But to prove that there is a proper Use to be made of Cold Baths, I must refer the Reader to the History of *Augustus* in *Suetonius*, to *Pliny*'s Natural History, to *Horace ad Valam*; to *Seneca* in his Epistles, who calls himself *Psychrolutes*; to *Pliny*'s Epistles, *Lib.* 2. *Epist.* 17. who describes the Baths, *Inde Balnei cellæ frigidariæ, spatiosæ, & effusæ, cujus in contrariis parietibus duo Baptisteria velut ejecta sinuantur, abunde capacia sinuationis in proximo cagites, adjacet unctorium, hypocaustum, adjacet propigneum Balnei, mox duæ cellæ magis elegantes quam sumptuosæ.* See more of this in the Fifth Book. See *Diogenes Laertius* in his Life of *Plato*, where *Euripides*, who accompanied him into *Ægypt*, was cured by Bathing in the Sea, to which the Priest advised. From hence the Use of Cold Baths was first learnt by the *Greeks*, and *Hippocrates* might learn it here, as well as from the *Scythians*. Most part of the *Grecian* Art of Physick came from *Ægypt*, which had a Physician for every Disease, except those of Children; and their Distempers are worst described by the *Grecian* Writers, such as the Rickets, the Small-Pox, Measles.

Since

Since by Hot Baths, Wine, Eating, Exercise, and all other things we use, we may receive good by a prudent, moderate, reasonable Use of them, and great Mischiefs by an unseasonable, improper, disorderly Abuse; so I desire all Persons would think of the proper and improper Use of Cold Baths. They may preserve our Healths, and cure many Diseases, if used according to the Ancient and Modern Art of Cold Bathing; or else do great Mischef by unskilful, imprudent Management, as I have observed in some Patients, who the first Year went with good Advice, and after fit Evacuations and Alterations, to Cold Baths, and there received great Benefit; but by going unadvisedly the second Year, and trusting to their own Experience, found many Inconveniencies to happen to them, which would have been avoided by a proper use of specifick Remedies, and good Evacuation, if they had been prescribed before their second Year's Use of Cold Baths; No Remedies, though never so good, can have a certain good Effect, unless used in proper Circumstances, as to Time, Dose, Quantity, and in proper Constitutions and Diseases; and if these be observed in the Use of Cold Baths, I know all Mankind will allow that I have proved

what

what I design, That Cold Baths are both safe and useful, for preserving our Healths, and curing our Diseases.

Paulus Ægineta commends Cold Baths, but gives this good Advice, to use an exact Diet, and convenient Exercise; the Diet ought not to be too hot, because that will breed Acrid Humours, which being kept in the Body by Cold Baths, may occasion some prejudice to our Healths, therefore we must use a Cool Diet, whilst we use cool Baths; but immediately after Cold Bathing, we may take some Cordial Liquors, as Ale, or Wine, if we be very Chill.

Moderate Exercise is also necessary in Cold Bathing, not only to warm the Body before and after it, but at other times to discuss hot Vapours retained in the Blood.

Orobasius made his Compendium of *Galen's* Physick, by the Command of *Julian* the Emperor, who was made *Cæsar*, *Ann. Chr.* 357. *Ætius* was his Contemporary, and I have quoted him for Cold Bathing. *Trallianus* writ after these; he also approves of Cold Baths in Melancholick Cases, *Concedendum is non modo in calida solia, sed etiam frigida labra diutius immorari.*

Ægineta writ last of all, *An. Chr.* 420. and his Judgment I have given already concerning

cerning Cold Bathing, and his Cautions I gave about it. I have mentioned all these Physicians to shew, That Cold Bathing was the general Practice at *Rome* from the Time of *Musa*, in the 20th of *Augustus*'s Reign, till *Agnodi*'s Time, which is near 400 Years in that Empire. And since the cure of Diseases by Cold Baths was generally practised by all People, as well as their Emperors, that practice of Cold Bathing must needs come with the rest of the *Roman* Customs unto us, and certainly remained amongst the *Britains* when the *Romans* left this Isle. The *Saxons* who succeeded the *Romans*, brought in the *German* Custom of Washing in Rivers for the preserving of their Healths, and that made them receive the Baptismal Immersion in Rivers and Fountains without any scruple; and 'tis probable, that on these the first Christians imposed the Name of their Saints, and Religion taught the Heathens to change the Names of their Springs, and dedicate them to the Christian Saints, which for their great Cures were formerly dedicated to the Dæmons. So *Virgo*, the famous Spring at *Rome*, which was dedicated to *Diana*, was afterwards consecrated *Divæ Mariæ Virgini*, as the Learned *Buccio* affirms.

The

The *Cutiliæ* were famous amongſt the *Roman* Phyſicians. They were cold Nitrous Waters, and were uſed both in Drinking and Bathing for the Gout, Stone, Inflammation in the Eyes, the King's Evil, all Hot Defluxions, and to ſtrengthen the Stomach. We have a great Quantity of theſe Waters in *England*, and out of them we may contrive Cold Baths, for the Diſtempers mentioned. *Celſus* and *Cælius Aurelianus* made uſe of ſuch Cold Baths in many Diſeaſes, and we cannot well cure ſome Diſeaſes without them. The bitter Salt made out of ſuch Waters, ſeems to be the true Nitre of the Ancients, which they made out of Springs by Decoction, or the Heat of the Sun, and their Nitrous Waters are deſcribed to be bitter, rather than Salt, and that they are more bitter the leſs mixt (with Salt, Alum, Vitriol, or Sulphur) the Nitre was. They ſay, the Virtue of the old Nitre was to purge by Urine and Stool, and that it had an Acrimony to open Obſtructions. And ſince Dr. *Grew*'s purging Salt has all theſe Qualities, it is certainly the ancient Nitre as to its Phyſical Virtue.

The *Albulæ* are oft mentioned by *Cælius Aurelianus*, *Galen*, *Ætius*, and theſe were Aſtringent and Salt, of a mild Heat; and

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instead of these we may use *Buxton* as a temperate Bath in Rheumatick cases, and the Stone, and Ulcers, and all Fluxes and Abortions, and for exciting Appetite. *Celius* describes the *Albulæ frigidæ virtutis*, pag. 330. *Solutione laboranibus vel fluore quorumlibet officiorum naturalium à veteribus appropriatæ.* He advises the putting the Part affected under the Falls of Springs, which the *Greeks* call *Catachysmus*, and that causes great changes in Diseases.

That Purging Waters were used with Cold Bathing, is evident by the use of these Cold Nitrous Waters, both at the same time for Bathing and Drinking; and where we want them, we may use the bitter purging Salt to prepare our selves for Cold Baths.

To these *Cutiliæ*, the *Romans* used to go in the Summer as we do to *Epsom*, and there both the *Vespasians* died. Of *Flavius Vespasian*, *Suetonius* tells us how he miscarried, and that *crebertimo frigidæ aquæ usu, intestina vitiasset*: And we may observe that some of our Country-waters occasion Dysenteries, when used too oft.

I think fit to recommend the Regimen of *Alexander Severus*, a prudent Emperor, to the present Age, which *Lampridius* thus describes: First in the Morning he dispatch'd all

all Publick Affairs, whether Civil or Military, afterwards he read the *Greek* Authors, then he applied himself to some moderate Exercise, such as Running, Ball-play, or Wrestling, and afterwards being anointed, he bathed in Hot Baths rarely or never, but in his *Piscina* always, and stay'd in it near an Hour, and in the Morning fasting he drank Cold Water, about twenty Ounces; and after his Cold Bathing, he eat much Bread and Milk, Eggs, Mullum; and after these he dined often, but sometimes eat nothing till Night. By this use of Cold Baths, he, like a Philosopher, prepared his Body for his Studies, and hardened it for War; by this wise Method he lived to be old; and since he came into *England*, and conquered his Enemies here, and at last dyed at *York*, we may very well conclude, that this Method of using Cold Baths was well known in *England*, and practised here ever since by the *Old Britains*, who oft on the account of Cold Bathing, frequented St. *Winifred*'s Well. All the Account I can meet with, of St. *Winifred*, or St. *Mongah*, is contained in the following Letter from a Learned Divine concerning those Saints, to whom our most Eminent Cold Baths were dedicated by *Britains* or the *Saxons*, when Christianity was first planted amongst them.

Most

Most honoured Sir,

I *Have last Night, and this Morning been turning over my poor Study of Books, to find something of* St. Mongah. ——*This Account I find of him.* ——*His true Name is* Kentigern, *and he lived about the Year* 560. *and was Bishop of* Glascow *in* Scotland, *whence he was driven out by the* Pagan Saxons *for ought I know.* ——*However he was driven out of his own Country, and fled to* St. Asaph *in* Flintshire, *where he found means to Build a Monastery between the Rivers* Elwyd *and* Elwy; *some time after he Built a Church, and there flocked abundance of People to him, so that his Monastery at last amounted to the number of* 660. *whereof 'tis said, That he appointed* 300 *that were utterly unlearned to Till the Ground, and other Husbandry Work, and other Handicraft-Work in the Monastery,* &c. ——*His Church was first Built of Timber, and afterwards of Stone, not without some resistance of one* Malgo *or* Maglocunus, *a* British *King, dwelling then at* Degarwy, *a dozen Miles off; but at last he gave him liberty, and consented his Church should be an Episcopal See, and withal bestowed several Mannors and Privileges upon it,* &c. *This* Kentigern *was first Bishop here, and he is said to be the Son*

of Thanes, who was Daughter to Loth, King of the Picts; who his Father was, could never be known: many Ignorant People there were in old time, that thought that he was Born of his Mother, being a pure Virgin.---- How long he lived here in Flintſhire is not known, but he left his Biſhoprick to his Scholar Aſaph, from whence it after had its Denomination of St. Aſaph, being called before Epiſcopatus Elguenſis & Elvenſis, from the River Elwy, as was ſaid before.——— But as I ſaid, Kentigern at laſt had leave to return into Scotland, to his former Biſhoprick of Glaſcow, and lived (as the Legend and other Accounts ſay, if we can believe them) to the Age of 185 Years. Could it be proved that he bathed himſelf in Cold Water, it would be a noble Inſtance to your purpoſe? But you will ſay, what hath Kentigern to do with St. Mongah, for ſo is the true Name? I anſwer, That Kentigern was Scholar to Servanus, Biſhop of the Orcades, or the Iſlands of Orkney, and intirely beloved of him, inſomuch, that he would ſtill call him Mongah; that is in the Noriſh Tongue, or Tongue there ſpoken, a dear Friend, or Dearly Beloved.———Of Servanus I could ſay more, but this may ſuffice: So that by this means, Kentigern became moſt commonly known in theſe Countries by the Name of Mongah, as

Chry-

Chryſoſtom, *and others, have been upon ſuch accounts, whoſe true Name was* John, *and the Name of* Chryſoſtom, *or* Golden Tongue, *given him for his Eloquence, ſo that now that is the Name moſt commonly he is known by.*

I cannot find any where he did any Miracles at theſe Wells you mention, but it was a common thing to dedicate Wells, &c. to Saints, who never had been there, even by the Account the Legend gives of them. I know abundance of Chad-wells, *where* Chad *is never ſuppoſed to have been; the Virtue they might have by Prayers or Dedication, as was common to dedicate Churches to them; but if there be any thing more than this, and the Legend mentions any particular Bleſſing the Wells had from his Prayers, there is a full Account to be had, as I find among Archbiſhop* Uſher's *MSS. in* Dublin *Library*, vita ſancti Kentigerni, Cod. 193. —— Capgrave, *I ſuppoſe, hath ſome account of him in* Catal. ſive Legend. Sanctorum Edit. Legend. 1516. fol. *and his is but an Extract out of a large Work intire in the* Cotton *Library*, Tib. E. 1. MS.

Since my Writing, I find a large Account of him in Uſher's Primordia, pag. 681, *&c.* of my edit. 4o. *Mine is not the beſt, but of his own Publiſhing* —— *I ſuppoſe the MS.*

I mentioned in the Dublin Library, is Johanes Tinmuthensis, or John of Tinmouth; and Usher hath given a large Abstract out of him, in effect, I suppose all that is in him. —Here he is made go to Rome to Convert some of the Pagan Saxons. The Account of his being driven from Glascow is at large repeated, &c. but nothing of his Miracles at these Wells, as I can find.

Concerning St. Winifred's Well, the Legend is well known, that she being a Chast Virgin, would not yield to the Imbraces of one Carodoc, Lord of North-Wales, who cut off her Head, &c. I suppose you know the Legend well enough; —this they say was in 644. —if so, the Virtue of the Water must have its rise from that time; but there's a shrewd Objection against this Tradition. —For Giraldus Cambrensis, an admirable Scholar for his time, who lived in the time of Henry II. that is, about 1200. for he lived long; He, I say, a Welshman, took a Journey into all Parts of Wales, and is mighty particular in the Account of all the Abbies, and miraculous things especially, and sometimes says more than is true; yet he makes no mention of this miraculous Well, nor any thing relating to it —It is to be observed, he says, he lay one Night at Basingwerk, which is but half a Mile distant from these Wells. But

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it is rationally supposed that the Monks of Basingwerk, (which Abby was founded about a hundred Years after Giraldus,) framed all these Legends for their own ends. See Dr. *Powel* in his Annot. to *Girald. Cambr.* at large.

I have given you, my Honoured Countrymen, all the Experiments I could collect both from the Ancients and Moderns, and have nothing farther to add, but an Answer to the Vulgar Objection, that our Country is too Cold for Cold Baths; to which I have already in part answered, by mentioning the Bathing at St. *Mungo* and *Holywell*, which is yet constantly practised. And I will add, that *Cæsar* in his Commentaries tells, that the old *Britains* went almost naked, and painted their Bodies to affright their Enemies. He farther says, That the *Suevi* and old *Germans*, (from whence afterwards our *Saxon* Race came) had no other Cloathing but Skins; and that in their Cold Country, *Promiscuè fluminibus perluuntur*, and that most of their Bodies were uncovered.

Buchanan in his *Scotch* History tells us, That the *Picts* went naked, and painted their Bodies, and that the *Scotch* Islanders sleep upon the Snow, or make themselves Beds of Heath, with the Flowery ends upwards, which, *Mollitie cum pluma certant*, *salu-*

[illegible] He farther tells us, That the Inhabitants of the *Orcades* preserve the Vigour, Beauty, and Largeness of their Body, as well as Health in their Mind, by their observing their old Parsimony, and that their Ignorance of the nice, and luxurious ways of Living, conduced more for preserving their Health than any Medicinal Art. When the *Northern* Nations had taught the *Romans* the use of Cold Bathing, by the frequent experience they found amongst them, Hot Baths began to be disused towards *Galen's* time; and *Lampridius* tells us, That *Alexander Severus* rarely bathed in Hot Baths, but almost always in a *Piscina*. The same Author gives us an Account of *Heliogabalus*, who used to colour his *Piscina* with Saffron and precious Ointments before he used them. All the Barbarous Nations at present, such as the *Scythians* about *Tartary*, harden their new-born Infants, either in Snow or Water. And in the *West-Indies* they not only wash their Children, but Mothers also, immediately after their Children are Born.

* These Emperors lived about the 223 year of our Lord.

See Purchas.

I cannot

I cannot better advise you any Method for Preservation of Health, than the Cold Regimen, to Immerse all your Children in Baptism, to Wash them often afterwards till Three Quarters old, whereby the Rickets and Convulsions will be prevented; to use Children to Cold Air, Water-drinking, to wear few Cloaths, which if many, consumes the Flesh, and renders all Children subject to Rheums; to use them when Boys to Bathing in Rivers, and when Men to Cold Baths, to harden their Skins against the Changes of Weather, and to increase their Appetite and Digestion, and Strength of the Limbs, to expel the Serum by Urine and Sweat: it loosens the Belly in some Persons. The Preservation of Health, Cleanliness, and pleasant Refreshment after Cold Baths are sufficient to recommend the use of them.

What I have writ on this Subject, was at first designed for my own Information, and now I have published it for the Instruction of others, and to give all my Country-men notice of the Conveniences I have made at *Litchfield* for Cold Bathing; and I doubt not, but a full Experience of that Practice will assure you, my Honoured Country-men, that what

I have

I have here proposed, will be safe and useful, and necessary, both for the Preservation of your Health, and curing all the Diseases mentioned, which is the hearty Wish of,

My Honoured Benefactors,

Your very Humble Servant,

Litchfield, March 25. 1701.

JOHN FLOYER.

A Letter

To the Ingenious and Learned Phyſician, Dr. Baynard.

SIR,

I Think my ſelf, as well as all others of our Profeſſion, much obliged to you, for your great Induſtry, in promoting the Uſe of *Cold Bathing*, and your kind Communication of ſuch Caſes as have received benefit by it, which are a ſufficient and convincing Evidence that *Cold Baths* are both Safe and Uſeful. I think my ſelf farther obliged to give you a particular Account of my ſucceſs in Curing the Patient you recommended from *Repton* to our *Litchfield Cold Bath*. I will firſt give a particular Account of the Caſe, becauſe you did not ſee her, but were only conſulted by her Friends.

I obſerved, That Mrs. *Piſer* of *Repton* in *Derbyſhire*, was very much ſwelled in all her Joynts by a *Rheumatiſm*, which had laſted four Years; the Joynts of her Elbows, Wriſts, Knees, Ankles, appeared very big and knotted, and ſo ſore, that ſhe could not ſuffer any motion of them; the Fingers were contracted cloſe, ſo that ſhe could not move them, nor any other of her Limbs; her hands and Arms were diſtorted into a ſtrange figure by the Contraction of the Sinews; all the reſt of her Body was very Lean, and ſhe had a ſhort Cough, which gave me a ſuſpicion of a Conſumption.

When I had viewed the Patient, I was

much diſcouraged by the difficulty of the Caſe, and believed you had ſent me a Patient to diſcredit my *Bath*; but my ſucceſs in this Caſe has much credited it.

I began with her, by letting her Blood, and by Purging her once, for her Strength could not bear any more: This I did by way of Preparation for the Bathing afterwards. She was dipt in the Chair three times at each Bathing, and ſhe bathed nine times in the whole; the wet cold Weather cauſed us to leave it off, though ſhe found a great Refreſhment always after it. Becauſe of the Tumors and Pains, I put her to Bed after her Bathing, and ſhe Sweat plentifully after it, by the help of warm Ale and Spirit of *Harts-horn*; once or twice ſhe did not Sweat, and found her ſelf not ſo well relieved as by Sweating; by the uſe of the *Bath* and *Sweating*, her Pains and Swellings did preſently remit, and after a while went quite away, and ſhe began to uſe her Arms and her Feet, which ſhe had not done of three Quarters of a Year before; ſhe eat her Meat better, grew in Fleſh, and the Dry Cough abated: As ſoon as I found the Pains were abated, I preſcribed her ſome Steel and Antiſcorbuticks, and Ovntments for the contracted Sinews, by which ſhe received ſome benefit, and ſhe continues very well in all parts but one Leg, where the Sinews under her

Knee

Knee are not yet come to a full length. Not only by this Caſe, but by others I have tried, I find *Cold Baths* relieve the *Rheumatick-pains* by driving the Humours ſtagnating in the Limbs into the circulating Veſſels again, and that by Sweating afterwards they are readily evacuated; therefore I find that Sweating is neceſſary in *Bathing* for *Rheumatiſms*. And I alſo obſerve, that Evacuations and Alteratives, and Oyntments, are neceſſary as ſuch, as the Diſeaſe indicates, beſides the Bathing, and therefore I believe *Cold Bathing* can never be made a Quack Medicine, to be preſcribed alone, nor to be uſed for all Diſeaſes; but according to Phyſical Indications in company with other Medicines, and then they will perform very great Cures. I muſt give you a little farther of my Experience in Hypochondriack Caſes, wherein I have done much good, but I always intermixt Alteratives and ſuch Evacuations as the Diſeaſe required: I vomited and bled them by way of Preparation, and gave them the Steel-Waters every Day they Bathed, and after all a Steel-Courſe, and they always felt great Relief, and a chearful Spirit after Bathing, and ſlept well; but I obſerved, that their Convulſive-pains cannot be relieved till after two or three Years uſe of *Cold Baths*, and Sweating after Bathing is not neceſſary in theſe Caſes.

I have met with a Caſe in the *Hydrophobia* where the Man bit died after his return from Bathing in the Sea, which I mention to ſhew you, that the giving the *Decoct. ad morſum canis* is neceſſary, as well as the *Sea-Bath*; and for want of Alteratives joyned with the *Cold Bath*, that uſeful Practice will ſuffer in its due Reputation: And this Practice the Caſe of *Hippocrates*, I have quoted, will juſtify, who for *Hypochondriacks* uſed other Medicines as well as *Cold Baths*.

There is a particular Circumſtance muſt be well obſerved; for where we deſign Sweating, we muſt not keep the Patients long in the Water, but only dip them thrice, and immediately take them out again, that their Natural heat may quickly return, and raiſe a ſweat to diſcuſs Tumours and Pains; but in *Hypochondriack* Caſes, there the heat is great, and Spirits furious, and in theſe we muſt continue our Patient in longer, and repeat it oftner. And to prove this, I will give you an Inſtance out of *Helmont*, who tells us, that a *Maniack* was cured by leaping into a Pond, and continuing there till he was half drowned; and he farther ſays, That by the ſame Method he had great ſucceſs in curing *Mania's*: *Niſi quoties formidine præcociter amentes ex aqua extraheret.* And he obſerved, That Common Water as well as the Salt Water ſuffocated the mad Ideas.

'Tis

'Tis difficult to determine how long each Diſeaſe requires *Cold Bathing*, this muſt be learnt by Experience. I will give you an Account of what was practiſed this Year by a Perſon of Quality, from whoſe Letter I have tranſcribed it about the *Rickets*. *My Boy was at the* Cold Bath *about three Weeks, and was dipt twenty eight times, that is, firſt nine times, and then reſted ſome Days; and he was oft dipt twice in a Day, Morning and Afternoon, and after each time he was put to Bed, and Sweat but very moderately (he being a weak Child); but others, who are ſtronger, Sweat more, and after the Reſt mentioned, they dip him three times more, and ſo a third time: The way of Dipping was thus, a Woman plunges the Child over Head and Ears, and then ſets them on their Feet in Water, and rubs them all over, eſpecially their Limbs, Back, and Belly; they plunge and rub them thrice, and that is called one Dipping; they muſt not be above three Minutes in doing this. If the Children do not Sweat, they put their Maids to Bed to them.* Note, *That the Children Purge as long as they uſe the* Cold Bathing; *but that ceaſes as ſoon as they leave it off.*

By this Letter we may obſerve, That a long Uſe of *Bathing* is neceſſary for curing the *Rickets*, which was the Child's Diſeaſe, and that the *Serum* which oppreſſes and fills the *Nerves*, was evacuated by Stools and Sweat;

Sweat; but I am of Opinion, that ſome Evacuations before, and Alteratives after, would very much promote the Cure. As to the preventing the *Gout* and *Aſthma*'s, and other Chronical Caſes, there muſt be Water-Drinking and due Evacuations by Vomits and Bleeding, joyned with a long Uſe of *Cold Baths*, ſuch as *Cælius Aurelianus* calls *Conſuetudo frigidi lavacri*, or elſe no Cure will be performed by them, but the Chronical Diſeaſes will return upon any *Efferveſcence* of Humours. I have this Year had good ſucceſs in helping an *Aſthmatick* by Vomiting, Drinking Steel-Waters, and Bathing at *Buxton*, and uſing Water for conſtant Drink; this method has kept him well many Months, when no other could ſtop his Fits. As to any Injury by *Cold Baths*, I never yet met with any where they have been uſed according to Phyſical Indications, and after due Preparations, ſo that I cannot but believe they will in time prevail againſt the Prejudices of all People. All the young Practiſers will out of Curioſity try them, to which they will be well diſpoſed by what they have Read concerning *Religious Waſhing* in *Homer*, &c. (ſuch as *Penelope's* waſhing before her Prayers, and *Telemachus*'s Waſhing his Head) And as to the Medicinal Ablution, they will find enough of it in all the *Greek* and *Latin* Authors they have

have Read; so that every Physician will in the next Age, be a *Pseuchroloutist*. We are much obliged to a late Ingenious Author, Dr. *Mead*, who in his Mechanical Treatise of Poysons truly asserts, That *Melancholy*, as well as *Hydrophobias* and *Manias*, were formerly cured by *Cold Baths*, which by their *Cold* and *Gravity* produce their Effects as a *Diuretick*: And he gives Quotations from *Helmont*, *Tulpius*, and *Appius*, to prove the Usefulness of *Cold Baths* in the Cases mentioned.

We shall wholly gain all the Experienced Chirurgeons, who can relate many Cures they have done by stopping *Hemorrhagies*, healing fresh *Wounds*, Varicous *Tumours*, &c. by their Application of *Cold Water*. And I was informed by an Experienced Chirurgeon, that he had a Scrophulous Tumour on his Foot, cured by holding it under the fall of a Spring for many Mornings. You may observe in *Celsus*, That the *Romans* held their Heads under the Spouts of their Springs. And we may observe in *Cælius Aurelianus*, the *Illisio aquarum*; and in *Hippocrates*, the Affusions of Water, all which answer to our Pumping; and this is one of the *desiderata* in *Cold Bathings*, and it ought first to be tried on our *Maniacks*. That I may farther convince all my Country-men that *Immersion* in *Baptism* was very late-

lately left off in *England*, I will assure them, that there are yet Persons living who were so *Immersed*; for I was informed by Mr. *Berisford*, Minister of *Stretton* in *Derbyshire*, that his Parents *Immersed* not only him, but the rest of his Family at his *Baptism*. He is now about 66 Years old. So that he is a full Evidence, that the *Baptismal Immersion* began not before the last Century to be disused, and 'tis probable that it continued longer in Use in the *Northern* Parts, where there is less Effeminacy and longer Lives, than in the *Southern* Parts of this Kingdom, and to a more cool management of their Children those good Effects may be justly attributed. I shall add no more on this Subject, for they who will not be convinced by the Experience of former Ages, nor those Modern Cases you have communicated, must be left to their own Opinions, and you and I must be contented, that we and other Physicians have endeavoured to restore a very Ancient and Useful Practice in Physick. I shall ever be,

SIR,

Your much obliged Friend,

Litchfield, Septemb. 28. 1702.

and humble Servant,

John Floyer.

Of Cold Baths.

PART II.

A Letter from Dr. Baynard *in* London, *to Sir* John Floyer, *Kt. in* Litchfield, *concerning* Cold Immerſions, *&c.*

Honoured Sir,

UPON the Diſcourſe I had laſt with you, upon your deſign of writing a ſmall *Tract* on that Noble Subject of *Cold Immerſion*, a Practice ſo old in the World almoſt forgotten, as if it had been dead and buried through extream *Age* and *Superannuation*; According to my Promiſe, I now preſent you with ſome few Lines touching ſome wonderful and moſt remarkable *Cures* done by (the amazing Effects of) *Cold Water*, ſuch only as have fallen under my own *Eye*

and Obſervation. And I hope I ſhall be ſo juſt both to my *Self* and the *World*, as to relate nothing but what is poſitively true in *Fact*; and eſpecially *thoſe* which I have recorded; tho' in ſome others perhaps that depend on my Memory, and were tranſacted long ſince, probably ſome circumſtance may be forgotten or omitted; but in the main, to the beſt of my recollection, I give you the whole of what I can remember. I always (I thank God) lookt upon it as moſt impious, and one of the worſt of wickedneſſes (in ſerious things) to impoſe upon the Living, but much more to *Banter*, and hand down a falſhood to Poſterity. A fault (I doubt) too many of our Phyſick Obſervators have been too guilty of, as that ridiculous Story of *Phillipus Salmonthus*, in his Chapter *de Partu per Os*; and that of *Cardan*'s, quoted by *Hen. Ab Heers*, whoſe Words are theſe, *viz.*

Quantam communionem habeant genitalia, parteſque ipſis vicinæ cum Capite, adſeverat, quod ſiquis canitie deformis unica tantum nocte illinat ſcrotum vicinaſque partes ſucco ex radice juglandis viridi expreſſo, Canitie depoſita nigerrimo colore Capitis Pilos inficiet, totum annum duraturo, &c.

So let them go on to the end of the Chapter in their amuſing and improbable Stories, provided they be but honeſt and juſt in the ten-

tender and nice Concern of *Life*; for all things in reference thereunto ought to be conſider'd well, and treated with the greateſt *Caution*; for there lies no Writ of *Error* in the *Grave*, but the Sick Man is finally concluded by the Knowledge or Ignorance of his *Phyſician*. But where Knavery and Neglect help to compound the *Doctor*, there, I ſay, the Patient is in a deplorable Condition, more from his Director than his Diſeaſe: and too often in *Acute* Caſes, where *Life* and *Death* perches upon the ſame *Beam*, the leaſt Grain of Error or Neglect may turn the *Scale*, and irretrivably deſtroy that *Life*, which on the other hand, a lucky thought might have ſaved. And I think it a Duty indiſpenſably incumbent upon the Phyſician, that where he thinks he has not taken a right *Scheme* of the Caſe, nor had a true inſight into the *Diſeaſe*, or has the leaſt doubt upon him; there, I ſay, both in Honour and Conſcience he is bound to call in ſome other to his *Aſſiſtance*, which is ſo far from being a *Diſgrace*, that his Care will be (among wiſe Men) eſteem'd as the Product of his Honeſty: and howſoever Providence ſhould diſpoſe of his *Patient*, yet by this faithful diſcharge of his Duty, he enjoys the Comforts of a calm *Breaſt*, and ſleeps with a quiet *Mind*.

When on the other hand, the forward, bold, poſitive *Corinthian thruſter on*, ſwoln with the Poyſon of his own Opinion, as if he were the *Achme*, and top Branch of his Profeſſion, right or wrong, goes on; but for want of Aim or a ſteady Hand, hits the wrong Mark, and kills the Patient inſtead of the Diſeaſe; which no more troubles him, than if he had fir'd at a Flock of *Geeſe*.

And here I am apt to think, that the Invention of *Compounds* was from not knowing the Virtues of *Simples*, ſuppoſing it like ſhooting at a Bird with ſmall Shot; put into a Gun Pellets enough, and one or other muſt hit. But true Knowledge of a Medicine, is like the *Horſe-ſhoe* ſtuck at the Man's Girdle, (whoſe Life was ſaved by it;) quoth he, *I ſee a little Armour will ſerve the turn, if it be put in the right place*, &c. But Diſcourſes of this Nature are needleſs *(Sir)* to a Perſon of your great Circumſpection, where Care and Vigilancy attend in ſuch Perfection, that I well know the leaſt miſtake can no more eſcape your Pen, than it has done your Practice; for in what you have already writ, your Caution is remarkably ſeen. And I know alſo your great Reading and Learning to be ſuch, that very few, if any remarkable Paſſages among the many Volumes of the Ancient *Greek* and *Latin* Writers ſlip your

vour Obſervation; eſpecially being ſo near a Neighbour to that Magazine of Learning, the Library of the Learned Dr. *Fowke*, a Gentleman who is not only an Honour to our Faculty, but a poliſh'd Scholar, and bright in all other manner of Learning.

I cannot join with *Agathinus*, in his wonderful Encomiums of Cold Bathing, as he is quoted by *Oribaſius*, Phyſician to *Julian* the (Apoſtate) Emperor, wherein he inſtances the frequent uſe of it in himſelf, and recommends it to the World, as a moſt wholeſome and ſalubrious Practice, and ſeems to have but a low and languid Opinion of the Uſe of *Hot Baths*. For with due Reſpect to ſo great a Man (as doubtleſs he was in his Generation) I muſt take leave to diſſent from him, and by way of Digreſſion tell you, that I have at leaſt, for the ſpace of 30 Years, (one Summer or two excepted) conſtantly viſited the *Hot Baths* at *Bath*, in *Somerſetſhire*, as a Phyſician, and have ſeen wonderful and moſt deplorable Caſes there cured, and ſome in a very little time, where Care and Caution has been obſerved in the uſe of them; and eſpecially in the *Weſt-India Gripes* and *Colicks*, where a Paralyſis has been general with a total loſs of their Limbs; and others with Arms, Hands, Legs, and Feet, ſtrangely contracted; yet

the Bath has cured both the *Solutions* and *Contractions*, which being contrary Operations, is paſt my Philoſophy to find out how; without, as *Helmont* ſays, it be by comforting the *Archeus* with mild and gentle warmth; for 'tis a friendly Fomentation, a natural *Sal volatile oleoſum*, a Cordial to the faint and languid Spirits, and puts them in a Power to act more vigorouſly.

Indeed when Men will bathe that are of Plethorick Habits, and Sanguine Conſtitutions, with a Cargo of Wine and good Chear in their Bellies, without emptying, or any medical Preparation, or that over-heat the Blood and other Fluids, beyond their natural Standard of Caleſaction, by ſwimming andexerciſing too much in them, orſtaying too long on the *Hot Springs*, &c. there, I ſay, ſometimes the conſequences have been ill. But then I hope he muſt allow, that the Fault is not in the *Bath*, but in the irregular *B*athing. And what great Cures have been, and are, daily done by drinking the *Bath-Water* hot from the *Pump*, *Res ipſa loquitur*; for the Cures would ſpeak themſelves, were Men mute: for the Fame of thoſe Streams have not only run all the Kingdom over, but even beyond Sea too. Witneſs the prodigious quantities are ſent daily away both to *Scotland*, *Ireland*, and many other Parts; altho' they

they are of much more Efficacy drank hot at the place, than ſent abroad, as clearly appears by the Volatile Vitriol ſeen in them by the trial by *Gauls*, *Oak-Leaves*, *Thea*, *Biſtort*, or any *Auſtere Alkaly*, which Volatile Vitriol flies off as it cools: and although you warm the Waters again to the juſt heat of the *Bath*, yet 'tis never to be ſeen more. The chief and cardinal Ingredients that impregnate theſe Waters, are *Sulphur*, *Iron*, and *Nitre*, mixt with a *Sal ſui generis*, in a ſmall Quantity; the *Sulphur* bearing more than a Proportion to all the reſt, ſo that it has been many times obſerved, that in a great Drought, and the Wind at or about the Point of *North-Eaſt*, the *Baths* have not only been ſenſibly *Hotter*, but the Water ſomewhat acidulated and abounding with a *Volatile Gas*, not much unlike the grateful acid of the *German Spaw Water*. I thought that I had been the firſt that diſcovered this, but talking with an *Old Guide*, he told me, that he had obſerved it a hundred times, when in bright ſerene Weather, the Wind blew freſh from ſome *Northerly Points*; and then I have obſerved them ſtrangely to enliven and brisk the *Spirits*; and find that the beſt Cures are performed by ſmall quantities, regular living and drinking them a great while; and ſo uſed, in decayed *Stomachs* and ſcorbutick *A-*

trophys, I hardly ever knew them fail: And here I muſt ſubjoin two moſt wonderful Cures done this laſt Summer, the one on a Lady of Quality, Madam *B.* who lay at Mrs. *Cranfeild*'s Houſe near the Market Place; her caſe was ſo deplorable thro' a weak and decay'd Stomach, of a long ſtanding, that ſhe loathed every thing ſhe either ſmelt or ſaw, and ſo weak and feeble ſhe could ſcarcely ſtand; ſhe vomited every thing ſhe took, whether Liquids or Solids, and Melancholy to a ſtrange degree, and emaciated to Skin and Bone; ſhe took little or no Reſt, her Pulſe hardly perceptible, her Eyes ſunk, often Ructations and ſometimes Colick Pains, accompanied with Splenetick and Hyſterick Fits, and generally clammy cold Sweats on her Head, Face, Arms and Hands; inſomuch, that ſhe, and all her Servants thought ſhe could not live a Week. Being ſent for to her, and finding her ſo extreamly weak, and under ſuch a general diſorder of the whole frame, I conſider'd that this was my Lady *Lloyd*'s Caſe exactly, who when the vital Flame was even blinking in the Socket, and the Soul (one Foot over the Threſhold) turning out of its tatter'd and decay'd Tenement, by the cautious uſe of the *Bath Waters* and Bitters, had a new Life put into her Leaſe, who to this Day enjoys

joys an uninterrupted ſtate of Health. This Lady was ſo very weak, that at firſt we gave her but two or three Spoonfuls of the *Bath Water*, and about half an Hour after, one Spoonful of a bitter Infuſion; an Hour after that a little more *Bath Waters*, then Bitters again, and ſo by degrees, from leſs to more, I brought her to bear half a Pint of the Waters hot from the Pump, which ſtay'd without loathing or vomiting; then ſhe began to be better reconcil'd to the Sight and Smell of Meats, and to take a little Chicken Broth, *&c.* and in a Day or two more ſhe could bear a Pint taken at 2 or 3 Draughts, and then began to eat ſolid Meats, and in the ſpace of nine or ten Weeks recover'd her Health even to admiration, inſomuch that when ſhe went into the Church, or to walk in the Grove, when ſhe came out of her Chair, ſhe was pointed at, ſaying, *there ſhe is! that's ſhe! that's the Lady that was ſo weak*, &c. So that the true Reaſon why ſome miſs of a Cure, is either becauſe they drink too much in quantity, or take (too ſoon) Cordial Waters, or Wine after them, or eat before they have paſs'd off; for the Stomach ſhould have time to dry, and the Fibres to contract and cloſe, *&c.* and never to eat without Appetite, and then but two thirds of a Meal. I know, now living, a certain

Kt.

Kt. who is full, if not above, a hundred Years old, who is as agil as healthful, walks upright, can ſit, riſe up, or ſtoop, with as much eaſe as any Man of forty Years; can walk as much, and as long as moſt Men, who told me that he attributed his great Health and Vigour to his Temperance in eating; for he ſolemnly declared, That he never filled his Belly to ſatiety in his Life; and tho' he can drink a glaſs of Wine, Ale, or Cyder, yet in the main, he is as temperate in his Drinking alſo, as in his Eating; and that when at his Retirement in the Country, he told me, he drank little elſe but Water for 2 or 3 Months together. But now as to the other Ladies Caſe I mentioned. She was brought to the Bath in *Extremis*, with all the frightful Symptoms of Death upon her, viſible in the ghaſtly look of her Face, accompany'd with *Deſpondency*, *Sighing*, *Swooning*, *Singultus and Convulſions*, with an univerſal *Atrophy*, yet by due Care, and the powerful Vertues of the warm *Bath Waters* by ſlow and gentle Steps, by gradual Acceſſions, in the ſpace of ſix Weeks ſhe acquir'd ſuch a Stomach, ſuch a Conſtitution that ſhe Danc'd in the Town-Hall; nor did ſhe receive her Cure from drinking only, but was comforted and refreſh'd with the mild and gentle warmth of the Croſs Bath;

Bath; for bathing in many Caſes is of wonderful uſe, as in *Colicks*, *Gripes*, Scorbutick *Atrophies*, *Cramps* and all ſtiffneſs of the *Joints* and *Limbs*; ſo that there are few Caſes but where moderate Bathing may be join'd to Drinking to finiſh and compleat a Cure, ſaving in ſome Diſeaſes of the *Head*, and all *Hectick*s and unnatural *Heats*, *Ferments* and *Ebullitions* of the Blood, all which muſt be left to the Judgment of the directing Phyſician, if the Patient has the good luck to eſcape the hard fate of poor Mr. *Cope*, the Lottery-Man, and light on a Phyſician that can diſtinguiſh between a *Kettle-Drum* and a *Cart-Wheel*. But to ſwill and drink great Quantities, Fumes flie into their *Heads*, their weight extends the fibrous Membranes too much, waſhes off the *Mucus* of the *Guts*, and ſometimes from the *Bladder* too, and gives an *Ardor urinæ* for a little time: but generally this happens to thoſe that drink as much Wine in the Afternoon, as they do Water in the Morning; and when the *Strainers* are relax'd by the ſoftneſs of the Waters, and the obſtructed Glands of the *Meſentery* opened and relieved, Quantities of Wine muſt do much miſchief, when in the Blood there is an Union of ſo much *Salt* and *Tartar*; ſo that the beſt Method and Medicine too, may be abuſed by *over* or *under doing* it.

I re-

I remember when I lived at *Preſton* in *Lancaſhire*, a Man died with a *Cheeſe* in his Belly, by drinking new *Milk* upon Sowre *Stale Beer*, which ſo frighten'd People from the uſe of Milk, that all forſook it, but the wiſer *Calves*. Another of a Surfeit of *Salmon*, after which Accident ſome would never more touch *Salmon*, &c. So that no particular Caſe or Accident ought to ſhake or undermine a known and received *Good*. How many Men have died ſuddenly in the Street of *Apoplexies*, &c? Now had any of theſe unhappy Wretches been (at that Inſtant) put into either *Hot* or *Cold Baths*, not only the *Mob*, but even the Grave and more Learned *Mobility* would (all be *Coroners*, and) have laid the Murther at that Door. A grave Nod, and a graceful Grimace, with a charge of Noſe Gun-Powder, Snuff 'twixt Finger and Thumb, or a Spit after his Pipe, are Signs of diſapproving, and are home Thruſts to the New Invention; but if the Character of Whim or Gim-crack be labell'd unto it, 'tis for ever damn'd. Such is the force of one *Knave* on a Crowd of *Fools*, as is daily ſeen in moſt of the Tranſactions of the World. One cries up *Crabs* and *Lobſters*, as if Health came from Sea in Armour; t'other *Oranges* and *Lemons*. Dr. *Alkaly* ſays, Vinegar and Pepper is bad with Roaſt *Beef*: And Dr. *Acid*, that a Pearl Necklace ſwells the Glands

Glands of the *Throat*, and will breed *Quinseys*, or the *King's Evil*. One asks his Patients, Can ye eat *Oysters*? And t'other, Can ye drink *Verjuice*? So that you see, that the *Land-Crabs* and *Sea-Crabs* can never agree. All these foolish Extreams are of ill Consequence and of pernicious Tendency to the Commonwealth of *Health*; for to be wedded to an Opinion is true Madness, unless warranted by infallible Demonstration. *Physick Bigottry* is worse than that of *Popery*, and does more mischief to *Bodies*, than that to *Souls*; for *God* may have Mercy on an Error in his *Worship*, but a misapplyed *Medicine* can have none, but must on and act according to its *Nature*, whatever be the Consequence. And yet, notwithstanding we daily see the ill Effects of some *Medicines*, and little or no virtue in *others*, yet we prescribe on, and will not take the Pains to Examine, but take things on *Trust* and *Tick*. Credulity is Harbinger to Infallibility, and clears the way for *Error* to amble on, and intails mistakes to the end of the Chapter. How many hundred Years has *Arsenick* been mistook for *Cinamon*, and worn for it as an Amulet against the *Plague*, by the mistake of an *Arabick* word, *Armek*, sounding near *Arsenick*, *Arsenicum*. See *Diemerbroek de Peste*, &c. And nothing is harder than to

unrivet

unrivet a wrong Notion. Things received take root, and not eaſily yield to *Extirpation.* How many Men has intempeſtive and over-bliſtering deſtroy'd, (eſpecially upon a Criſis) in altering the Faces of all the *Juices* of the Body, diſturbing the genuine Secretions, by mixing the venomous and corroſive Effluvium's of the *Cantharides* with the Blood, acuating the *Pulſe*, beſides bringing *Stranguries*, and other miſchiefs on the *Bladder*, &c. And here I cannot omit a Story of an Apothecary's Man in *Fleet-ſtreet*, whoſe Maſter dyed in a few Days Sickneſs of a *Fever*, which his Doctors quickly made malignant. *Quoth he*, I wonder that my Maſter ſhould die ſo ſoon, for he had a dozen *Bliſters* on, and they all drew very ſtrong: That is true, *quoth one ſtanding by*, thou art in the right on't, for in four Days time (together with the help of a Teem of Doctors) he was drawn out of his Bed into the Vault over the way there, pointing at St. *Dunſtan*'s Church. I am apt to think that from this Bliſtering Doctrine came the Proverb, *Humano corio ludere*; not but that Bliſtering is good in ſome Caſes, but there is meaſure in doing it, as well as Judgment when and where it is to be done. And violent Sweating Medicines have not been much ſhort of as much miſchief: How have

they

they broke the *Globuli* of the Blood, diſordering all the Fluids, by putting all the Juices upon a *Fluor* and *Fret*, ſo forcing the morbid Matter out of the Channels into the *Habit*, *Nerves*, &c. introducing *Tremors*, *Deliriums*, *Subſultus tendinum*, and *Convulſions*, and all the diſmal Train of the *Grave*'s Artillery, the Enſigns of approaching *Death*, which by a mild and tender Uſage, attending and aſſiſting the Efforts of *Nature*, might have been ſeparated from the Maſs, and carried off by Stool or Urine.

How many (even in the Agony of death) have been cram'd with *Bark* and *Bolus*, and ſent hence with the laſt repeated *Doſe* undigeſted on their Stomachs?

How many thouſands has Dr. *Morpheus* lock't up in his leaden Coffin, by needleſs, intempeſtive and wrong apply'd *Paregoricks*, *&c.* hung their *Herſe* with Garlands of *Night-Shade*, and ſung Requiem's to their Souls in Wreaths of Poppy! when their drouſie Preſcriptions have prov'd their Credentials, or a Warrant to nap on, till the day of *Judgment*.

But where a Phyſician gallops over his Patients, and rides Poſt to be Rich, there his haſte is too great for ſmall Obſervations, and the Sick-man loſt through Precipitation. But this is no detriment to the Doctor, for while

while they Die, others Spring up; and whilſt there is Intemperance in the World, there will be Diſeaſes. And where he by *Policy* or *Party* has gain'd his Point, and ſet up his Standard in the Opinion of *Fools*, where his Spaniels range through a City to Spring his *Game*, and *Tray* is rewarded with the Offals of the Quarry, there the Phyſick-*Hawk* flies only at *Gold*, the well-fare of his Patient is but the *Side-board* of his Buſineſs, and *Collaterals* of his Care. But this *Galloper* is a Saint to the *Sharer*; thoſe that go Snips with their *Apothecaries*, Villains of the firſt Magnitude; here the Patient is in a pretty Pickle, being ſure to be dous'd according to the depth of his own *Purſe*, or his Doctor's *Conſcience*; and this I call both *Felony* and *Murder*, for the Man is firſt *Rob'd*, and then *Kill'd*: theſe *Pulſe-Pads*, theſe Bedſide *Banditti*, are the worſt of *Robbers*; for either through *Ignorance* or *Avarice*, they never give Quarter, but fire at you the *Pulvis greſius*, or a *quid inſipidum*, a White Powder which makes no Noiſe. But theſe things only paſs upon *weak Minds*, People of ſuperficial, little or no Thought, at leaſt of ſuch ſhallow thinking, that the ſhort Legs of a *Louſe* might wade their Underſtandings, and not be wet up to the Knees, or elſe they could never be *Gull'd*, and led by the Dading-

Dading-ſtrings, but by People of as little depth as themſelves; for there is an unaccountable Sympathy between *Fools*, and where e're they come, though in a *Crowd*, or other Company, they always find one another firſt; their diſtant *Effluvium*'s, which makes the Sphere of Activity, won't mix with thoſe of a wiſe Man's, but like *Exchequer Tallies*, will only fit their own Sticks.

Yet the *Fool* does leſs harm than the *Knave*, Dr. *Wax* that takes any Impreſſion, or ſtamps it on another, that always ſays as the *Dame* and *Nurſe* ſays, and becomes all things to all *Men*, that he may gain ſome (Mony); This Phyſick-Faber touches you tenderly with the *ſmooth File*, and fills his Pockets from his own Forge! This chucks the Church under the *Chin*, and ſpits in his Hand, ſtrokes up the Diſſenters *Forehead*, &c. In ſhort, he is like *Hudibras*'s *Dagger*, good for every thing, and ſticks at nothing to grow Rich.

The next is your *Noſtrum-monger* Dr. *Stew-Toad*, one that ſets up for *Miracle* and *Myſtery*, and always makes *Honey* of a *Dogs Turd*; this Martyrs more *Toads* than Popery has *Hereticks*, and crams his Patients with *Bufo* inſtead of *Beef*; (for a Toad is as innocent as a Fiſh) tho' the *Pulvis Æthiopicus*, as they call it, has no more Virtue in it than

the Powder of *Pickled-Herring*: and yet theſe *Sir Poſitives* will be no more ſtirred than a *Mill-Stone*; and in Conſultation they are always moved with a *Lever*, they are too heavy and unwieldy to be ſtirred from their own Opinions.

I once heard of a whimſical Fellow that ſo doted on *Buff*, that they called him *Captain Buff*, for nothing could pleaſe him but *Buff*, Buff-Shirt, Band, Beaver, Boots, *&c.* all *Buff*, and dwelt in a Buff-Budget, like *Diogenes* in his *Tub*, and would eat nothing but *Tripe*, becauſe it lookt like *Buff*; and I doubt we have too many of theſe *Buff Captains* in the now *Proſtitute* and degenerate Profeſſion of *Phyſick*.

But to cure this Evil, is *hic Labor hoc Opus*, ſo to leave them in the Poſſeſſion of *themſelves*, under the *Influence* of their own *Underſtandings* is *Curſe* enough; for where the *Grace* of God can have no admittance, all Admonitions are ſpilt and thrown away; for *Stupidity* is Proof againſt *Satyr* as well as *Wiſdom*. And ſo to the buſineſs of *Cold Water*.

Among many that have commended *Cold Water*, I find *Hermannus Vander Hegden* cries it up to the Skies: uſed both inwardly and externally in *Stone* and *Gouts*, he wonderfully commends it, and in many other Caſes;

Caſes; in Pains of the *Stomach* and *Joints*; his Words are, *viz. Neque hic omiſſum velim quod ſicuti frigida una atque altera hora ante cœnam aſſumpta doloribus articularibus medetur; Ita etiam quandoque quibuſdam ſtomachi doloribus ejuſque frigidæ cyathus immediate poſt prandium evacuatus, ſoleat ſubvenire; imo Pomum crudum, acidum tamen, aut auſterum, cum cyatho etiam frigidæ, loco omnis cibi aut potus, tempore cœnæ oblatus, concionatoribus aliiſque recenti raucedine laborantibus, claram & naturalem poſtridie vocem ſæpiſſime reſtituit.*

And a Reverend Divine, Dr. *Wiat* by Name, Miniſter of *Bromham* in the County of *Wilts*, told me, That being very ill at his *Stomach* (and fearing a *Surfeit*) after eating *Salmon* not well boiled, he went immediately into *Cold Water*, and was preſently cured: And in this Caſe it is alſo commended by *Cornelius Celſus*, *Galen*, and others; and I my ſelf have often been relieved from Wind and Crudity by Swimming in Cold Rivers.

And a certain Arch-Deacon now living, told me, That when he was a Student at *Oxford*, eating too much fat Veniſon he found himſelf extremely ill, and fearing a Surfeit, he went into the Water and ſwam up and down for the ſpace of near two

Hours, and came forth very well and continu'd ſo.

The ſame Author of his own Knowledge affirms, and quotes *Piſo* and *Alexander Tralianus*, how that many have been cured of the *Stone* and *Gravel* in the Kidneys, by a long, but moderate uſe of Water drank warm or cold, ——. *Si & frigida vel tepida aſſumatur; non enim dubitem utramque convenire, imo & calidam, ſed frigidam maxime.* And why ſometimes they gave the Water warm, (*he ſays*) becauſe they ſuppoſed the Diſtemper to proceed from a cold Cauſe, ſo proceeded according to the Axiom, *Contraria contrariis, &c.* which is not always Orthodox, for very often *ſimilia ſimilibus ſanantur*, &c.

And I knew an old Phyſitian that held the drinking a glaſs of warm River or Spring *Water* (that would *lather*) a little before Dinner, as a great Secret, both to prevent and cure the Stone. And I think I have read ſome ſuch thing in *Baglivi*, the now Pope's Phyſician.

He ſays alſo that it will cure a *Red-Face, & vitia omnia Cutanea*, which he worded ſo prettily, that I'll here repeat them to make you laugh, Sir *John*, viz. *Sic qui variegato faciei rubore, Naſoque Carbunculari, & apprime Puſtulato (quod plerumque a Bacchi aut Cereris decocti potentioris faliginoſis vaporibus*

ribus evenire ſolet) in medium prodeunt, &c. And in another place he ſays poſitively, that where through extremity of *Cold*, the *Hands* and *Feet* are benumbed, it fails not to cure. *Et quidem nulli præter rationem videri debet, ſi hic audacter aſſeram pedes ita ſæviente Hyeme contractos & congelatos, ut eorum digiti ad inſtar ſtipitis rigeſcentes appareant, in frigidam aliquoties renovatam mediæ ad minus horæ ſpatio immerſos ad priſtinum denuo ſtatum revocari, &c.* Again, *ſic frigidam Tetanum curare docet* Hipp. lib. 5. Aph. 24. *Sic Paralyticum ejuſdem frigidæ, Crure, Brachio, Humeroque reſolutis, continua & renovata applicatione duarum aut trium horarum ſpatio, integra & eadem die curatum fuiſſe a fide digno percepi, &c.* And in another place he tells you that *Contorſions* and *Contuſions*, tho' never ſo big and ſwell'd, are curable by *Cold Water*, &c. *in his Verbis. Multo minus abſonum videbitur, ſi hic affirmavero, quod Contorſiones junctur arum, earumque imo & aliarum quarumlibet corporis partium contuſiones cum ingentibus tumoribus ſimili in frigidam immerſione longe ſecurius quam per quævis alia Remedia, abſque ſumptu, ſive moleſtia & temporis jactura citius & certo certius curentur; ſic manus & maxime pedes, qui dictis contorſionibus & accidentibus frequentius obnoxii eſſe ſolent, ad priſtinum robur & firmum greſſum*

reduci poſſunt; imo etiamſi duabus aut tribus horis poſt dictos, & alios ſimiles fortuitos Caſus, ſedulo & aliquoties renovando frigidam idipſum fiat, ut hiſce oculis non ſemel vidi, repellendo ſpatio unius horæ Humorem, qui ob prædictam moram plurimis nimis impactus videretur, ut repulſioni pareret; & ob contuſionem, & nimis ingentem protuberationem ſuppurandus aut tanquam ſanguis extravaſatus tractandus eſſe exiſtimaretur; ille tamen adhuc hærens in venulis capillaribus dilatatis, & cum carne elatis hac frigida (cum ea diſcuti nequeat) repellitur, quando non nimis ſero applicatur; quanquam etiam neglecta omni omnino cura, poſtridianam hanc, & æque longam applicationem, ubi tam immanis non erat protuberatio, integre profuiſſe mihi conſtet: quæ infortunia cum ſæpiſſime accidant lignariis, ferrariis, & murariis fabris, & cujuſvis generis operariis, feliciſſimum & obvium illis hoc poterit eſſe remedium.

And out of *Hippocrates* he inſtances abundance of Caſes, not only Immerſion for the *Gout*, but in moſt inveterate Pains of the *Head* alſo, *& rebellibus defluxionibus auxiliatur, &c.*

He gives you the Hiſtory of an *Engliſh* Noble-Man, one *Tobias Matthews*, who for twenty Years laboured under a moſt violent *Hemicranium, & diutiſſime abſque intermiſſione a defluxione pertinaci, in tanta copia*

per

per Palatum & nares manante, ut inde ſtrophyola ſua ſemper madide circumferre cogeretur, afflictus fuiſſet; tam feliciter dicta capitis immerſione anno ætatis ſuæ 60 *ab utroque ſe incommodo liberavit, &c.* And he ſays, that the Gentleman lived to more than 70 Years of Age, and perfectly freed from any Relapſe, and that he continued the dipping his Head ever after, and that in the depth of Winter; and that he alſo adviſed another *Noble-man* in the ſame Caſe to the ſame Courſe: *Qui cum longum ſimili dolore excarnificatus fuiſſet, hoc agendo modo, ſeipſum & infinitos deinde ſimiliter affectos, omnium cum applauſu integræ ſanitati donavit.*

Hæc etiam ſtabiliri Authoritate Cornelii Celſi patet ex c. 4, *&* 5. *primi libri ſui ubi dicit: Eos quibus Caput infirmum eſt, & aſſiduis lippitudinibus, gravedinibus, deſtillationibus & tonſillis laborant, nihil frigidæ æque prodeſſe poſſe, caputque per æſtatem largo Canali aliquamdiu quotidie ſubjiciendum & perfundendum. Hinc aliquorum pueri qui bene ſani ſunt, ut tales eſſe perſeverent nudo Capite ab ipſis Crepundiis injuriis externis exponi permittuntur, ſecundum doctrinam præfati Cornelii Celſi, qui vult ut omnes qui & bene valent & ſuæ ſpontis ſunt, iis aſſueſcant, & non minus in reliquo vitæ regimine, &c.*

He alſo affirms, that it cures *Tooth-ach*, Inflammation of the *Eyes*, Pains of the *Shoulders*, *Loins*, and *Back*; and by ſtanding in Cold Water above the Legs, it takes off the Pains of *Wind* and *Colick*, and for the curing of *Recent Wounds*, the Bitings of *Mad-dogs*, *&c.* He has a long Diſcourſe, and ſeems to back his Arguments with two conſiderable Subſtantials, *Reaſon* and *Experience.*

He alſo has a very fine Diſcourſe of *Wine-Vinegar*, not only as moſt admirable in the *Plague*, both in prevention and Cure, (if timely taken) but in the Caſe of almoſt all *Poyſons*, and eſpecially in that of a *Mad-dog*, which he compares to be much the ſame, as the *Poyſon* of an *Aſp.* And becauſe Dr. *Colbatch* has inſtanced a Caſe of a *Viper's Bite* cured by *Acids*, I think it not impertinent here to recite it, though 'tis ſome Digreſſion from my Text of Cold Water. *Cornelius Celſus. Nullum Aceto eſſe præſtantius remedium, & Ratione a priori, & experientia ipſa contendit adjuncta adoleſcentis Hiſtoria, qui ictus ab Aſpide cum eſſet, & ſe in Locum contuliſſet aqua & omni liquore deſtitutum, & caſualiter Aceti lagenam reperiens, eam evacuando ſimul & ſemel & ſitim intolerabilem & præſentiſſimum venenum extinxit.*

He

He commends the Herb *Pimpinella* ſteep'd in Vinegar, both in the *Plague* and other *Poyſons.* And Colonel *Roiſton*, a Gentleman of *Lancaſhire*, told me, That when his *Hounds* were at any time bitten by a *Mad-dog*, that he uſed to give them inwardly the Juice of *Dracuntia* with Vinegar, and alſo applied it outwardly to the *Bite*, and it ſeldom failed to cure. But to my Buſineſs;

A Lady in *Lancaſhire*, of good Quality and Worth, having for ſome Years laboured under a Complication of Diſtempers, but chiefly *Nerval* and *Hyſterical*, of a thin Habit, very Pale, a decayed Stomach, faint Sweats, and a low languid Pulſe, came to *London* by Direction of Sir *Charles Scarborough*, unto whoſe Lady ſhe was near related, and had in Conſultation no leſs than Ten or Twelve *Phyſicians*; ſhe had tried all things triable and probable, but fruitleſs and in vain, at length when almoſt at the Brink of the *Grave*, by the Perſuaſions of Dr. *Tarborough* and my *Self*, ſhe was prevailed with to go to St. *Mungo*'s, a very *Cold Spring* in *Yorkſhire*, and there couragiouſly immerging, to a Miracle, was in leſs than a Fortnights time perfectly reſtored to her Health, and lived many Years after without any Relapſe.

And

And now I am on St. *Mungo*'s, (which is a very cold and quick running Spring, but rather too ſhallow, it being not above three Foot deep, or very little more, and open at the Top, which is a fault,) having the good fortune to meet with that Worthy Gentleman, Mr. *Harriſon*, (at the Baths in *Somerſetſhire*) who is Owner and Proprietor of that *Well*, he was pleas'd to give me an Account of ſeveral great and conſiderable Cures, and thoſe to his own Knowledge; but for farther Confirmation, directed me to write into *Yorkſhire*, to the Miniſter of the Place, which accordingly I did, and here I will inſert the Sum of his Anſwer, *viz.*

Sir, I met with your's on my Road to *York*, *&c.* I here ſend you ſome few inſtances out of many. But *Timothy Webſter*, who Farms the *Well*, thereby having the better opportunity to obſerve the Cures done, can better furniſh you; in the interim be pleaſed to accept of theſe few Obſervations, *viz.*

Mrs. *Dorothy Coulſon*, Daughter of Mrs. *Ann Coulſon* of *York*, after the *Small-Pox*, got a Burn on her *Foot*, upon which ſhe loſt all Senſation in her *Lower Parts*, they becoming *uſeleſs* and *benumb'd*, by the uſe of the Cold Water recovered, ſo that the next Summer ſhe

ſhe walked from a neighbouring Town, a full Mile off, to bathe in the *Well.*

Sir *Henry Slingsby*, late of *Red-Houſe*, I going to ſee him, asked him, What benefit he found by Immerſion in the *Well?* He anſwered, I will ſhew you; upon which he laid his Hands upon the Arms of the Chair in which he ſat, (having loſt his Limbs) and raiſed himſelf two or three Inches from the Seat; but before the Seaſon was done, was able to Walk very well; and Mr. *Harriſon* told me, That he ſaw him at *York*, and that he went up a pair of Stairs in half *Jack-Boots*, *&c.*

Ellen, the Daughter of *Michael Simpſon* of *Alborough*, was through her Lameneſs carried in a Chair by two People, and is ſince by the uſe of *Immerſion* perfectly recovered to Priſtine Health and Strength.

Margaret Smith came from about *Newcaſtle* in a Cripple-Cart, went on her *Hands* and *Knees*, but went on Crutches before ſhe went away; and the next Summer ſhe ſent us word that ſhe was perfectly well, and was in Service.

Mary Wharton of *Cockermouth*, came in a Cripple-Cart, ſhe is now in *Copgrave*, and has

has been a ſhearer at Harveſt-work ſeveral Summers,

Your Servant to Command,

Copgrave, October 9. 1701.

J. Richardſon.

I my ſelf ſaw a Man at St. *Mungo* that had totally loſt his Limbs, had ſuch a *Torpor* and *Numbneſs*, that he could not feel an *Awl* or *Pin* run into his Fleſh; yet before he went away, could feel a Fly touch his Skin, and I ſaw him catch a *Fly* on his *Leg* with his *Hand*; he was poor, and almoſt naked; he lay by the Well-ſide to receive good Peoples Charity, and went into the *Well* (by help) four or five times in a Day.

The aforeſaid Gentleman, Mr. *Harriſon*, told me, That a poor Woman came to St. *Mungo*'s in a Cripple-Cart, having by a *Palſey* loſt all her *Limbs*; ſhe came from *Leverpool*, or near it, in *Lancaſhire*, and after ſome time ſhe came to him, (being a *Juſtice* of the Peace) deſiring a *Paſs* to go home into her own *Country*, which is not much ſhort of a hundred Miles. He ask'd her, If ſhe was not the Woman that came ſometime ſince in a Cripple-Cart? She replied, She was, and had been at Harveſt-work near a Month, to get a little Money to carry her home; but in

in caſe her Money ſhould fail her, ſhe deſired his *Paſs*. He asked her, How long time ſhe would take to go home in? She ſaid, That ſhe thought ſhe could go home in a Week very well: Which ſaid he, I much wonder'd at, and the more, becauſe I ſaw her in ſo weak and deplorable a Condition.

I knew a Gentleman, both in a *Palſey* and *Rheumatiſm*, but not ſo weak, but that he could ſit on Horſe-back, and that was as much as he could do riding, ſo that (by reaſon of his ſlow Pace) Night overtook him, and in the Dark he fell (Horſe and all) into a deep Ditch of Water; he got hold of ſomething, by which he hung, until his Man went, at leaſt a Mile, to fetch a Lanthorn, and brought People to his help, and being by their help remounted, he rod two or three Miles in his *Wet Cloaths*; being come home, he ſtript, went to bed, ſlept well, and the next Day found that this Accident proved his Cure, for he got up and went about his Buſineſs very well. This Gentleman was a *Phyſician* himſelf, but his Diſtemper coming by the Treachery of the Bottle, being too much a good Fellow, he deſired me to conceal his Name, when he gave me lieve to publiſh the Caſe.

Dining

Dining at Colonel *Warwick Bampfield*'s Houſe, at *Hardington*, in *Somerſetſhire*, with honeſt *Harry Moor*, an Apothecary, in *Bath*, (a true *Nathaniel*, in whom there is no *Guile*) a Woman brought in a *Child* about five Years old, it could neither *Go* nor *Stand*, but would fall all on a Lump like a Clout; (and to the beſt of my Memory, ſhe told me it never could ſtand) ſhe being but a poor Woman, asked my Advice, if any thing could be done in her Child's Caſe? I bid her Dip it over Head and Ears in the coldeſt *Well* or *Spring Water* ſhe could get, three or four times in a Day, which the poor Woman accordingly did; ſome time after that, I being come again to the Colonel's Houſe with Mr. *Moor*, the Woman came into the Parlour with the Child running in her Hand, to my great aſtoniſhment; for at that time, when I advis'd the Cold Water, looking upon the Caſe as deplorable, I little thought it would cure it.

The Caſe of Dr. *Gould's* Son-in-law, (now a hopeful and ingenious young Gentleman) is ſo well known, that I need not mention it, it being a *Chorea*, call'd St. *Vitus's Jig*, with ſtrange Geſticulations, was perfectly cured by *Cold Water*. Which Dr. *Peirce*, in his *Bath Memoirs*, has mention'd.

A Youth

A Youth aged about Twenty Years, long troubled with a ſtubborn *Quartan Ague*; after many Medicines tried in vain, went into the *Cold Water* juſt upon the Acceſſion of the *Fit*, and at one Immerſion was perfectly cured; but to prevent returns, he continued it ſome time.

I have known ſeveral cured by Cold Immerſion in all ſorts of *Agues*, which I affirm to be done by the effect of *Concentration*, *Preſſure*, and *Contraction*, (of which in another place) and not through *Fear* or *Fright*, becauſe good Swimmers, where there has been no *Terror* or *Apprehenſions* on the *Mind*, have been perfectly cured.

Mr. *Hugh Hammerſly*, an Eminent Goldſmith in the *Strand*, near *Somerſet Houſe*, had a Daughter cured in a Nerval Caſe, where there was an *Aphonia*, and almoſt a total loſs of *Speech*; ſhe was by Cold Immerſion in 15 Days perfectly cured: This Caſe is well known to Dr. *Gibbons*, Dr. *Gould*, and ſeveral others.

Of the Cure of *Weak Limbs* and *Rickets* in Children, I could give you a hundred Inſtances.

James Crook in *Conduit-Court*, in *Long-Acre* over againſt the *King*'s *Bagnio*, having both *Dropſy*, *Jaundice*, *Palſy*, *Rheumatick-pains*, and an invetrate *old Pain* in his Back, (aged about

about 56 or 57 Years) which Pain had been upon him 6 Years: He was a poor Man; and formerly (as he ſaid) was a Coachman to his Grace the Duke of *Beaufort*. This Man was cured to a Miracle; for in three times going into the *Cold Bath*, the Swellings in his Legs were totally abated and gon, together with that old Pain in his *Back*, as alſo the *Jaundice*, blowing from his Noſe a great quantity of a *Bilious* yellow Matter.

☞ Note, *That in the* Dropſy, *eſpecially the* Anaſarca, *the Cure may be ſolved by ſuppoſing, that the* Frigidity *and* Preſſure *of the Water, reſtringing and contracting the whole* Body, *ſqueezing equally alike, from the* Peripheria *to the* Center, *the* Morbid Fluid *was forced from the* Habit *into the* Channels, *and by Secretion thrown off by* Urine; *which was this Caſe, for he* piſſed *much more than he* Drank; *but how the* Icterick *matter ſhould be thrown off by the* Noſe, *he that will tell me that*, Erit mihi magnus Apollo.

Mr. *Tonſtall*, belonging to the *African Houſe*, from a Bed-rid Cripple, was perfectly cured in a ſhort time. I think he told me, he got his Lameneſs by being Shipwrackt, and ſtanding too long in Salt-Water.

A *Scotchman* in the *Dropſy Aſcites*, was in a fair way of Recovery when I came from *London*, *May* 29th, 1701. and ſince I hear that

that he is cured: He ſhew'd me his *Girdle*, with which he made his Obſervation, and in five Days he was fallen almoſt *ſix Inches*, and began to *Piſs* freely.

Mrs. *Ride*, Daughter to Mr. *Knight* of *Spittle-Fields*, who was ſo *Deaf* that ſhe could not hear the *Bells* ring in the Steeple, though ſhe paſſed under them, in a little time was ſo cured, as to hear the *Clock* ſtrike at half a Miles diſtance. She had alſo a *Hemiplegia*, in which ſhe found much benefit, but not cured.

The Caſe of Mrs. *Wats* of *Leiceſter*, is moſt remarkable, who from a *Skeleton*, through an ill Habit, *decayed Stomach*, *Hyſterick*, &c. and ſo *tender* that ſhe could not endure the *Wind* to blow upon her; by the uſe of *Cold Immerſion*, is become Strong, Vigorous, aad Healthful; and as I am told, is hardened to that degree, that ſhe walks any where in any Weather, without *wrapping*, or *catching Cold*.

Capt. *Jewell*, a *Dane*, with an inceſſant pain in his *Stomach*, for a long time, *Melancholick*, and *Hyponchondriack*, after many Eſſays by other means, was perfectly cured by *Cold Immerſion*, in Mr. *Baynes* Bath in *London*.

Mrs. *King* at the Sign of the *Royal Exchange*, in *Leather-Lane*, *Holbourn*, Lame for a long and conſiderable time, (I think

two or three Years, to the beſt of my remembrance her Husband told me ſo) ſo Lame that ſhe could not ſtir, but as ſhe was lift in a Chair; it was long e're ſhe could be perſuaded unto the uſe of the *Cold Bath*, but after a few Immerſions, ſhe got *Strength*, and now is ſo well as to walk about her Buſineſs.

Mr. *Baynes*, who lives at the *Cold Bath*, ſhew'd me a ſort of *Regiſter*, which he kept of ſeveral ſorts of Cures, ſuch as *Aſthma's*, *Rheumatiſms*, *Rickets*, *Running Gouts*, and moſt Diſeaſes in the *Skin*; and it ſeldom or never fails in that curſed Diſtemper that uſually afflicts the fineſt Women, the *Fluor Albus*.

There is lately diſcovered a Plant boiled in Broth or Milk, which ſeldom fails of Cure in that Caſe.

Now, *Sir*, I could give you an hundred ſuch *Precedents*, which would be too long and tedious, (and to ſmall purpoſe:) I will now proceed to two or three very great and moſt conſiderable Cures, the *Rariora*, and ſuch as Crown *Pſychroluſia*, and are almoſt incredible, but known *Longe lateque* to all the Countrey.

The firſt is that great and wonderful Cure, done on Mr. *Samuel Crew* of *Lacock* in the County of *Wilts*, taken *Verbatim* from his own

own Letter, which Letter was written in the Preſence of Mr. *Edward Montague*, at *Latham*, in the ſaid County, who very well knew Mr. *Crew*, he being both his Tenant and Neighbour, and often viſited him in the time of his extream Illneſs, *&c.*

The Letter is as followeth.

'I The ſaid *Samual Crew*, about two Years 'ſince, was ſeized with a moſt intolera-'ble Pain in my right *Elbow*, from thence the 'Pain went into the *Inſteps* of both Feet, 'thence into my other *Arm*, and the lower 'end of my *Back-Bone*, thence into the Nape 'of my *Neck*; but after it had ſeized my 'Neck, it ſpread all over me, not only in 'my *Joints*, but *Fleſh* alſo, inſomuch that 'the Calf of my *Leg* was *contracted* as hard 'as any *Iron-Wedge*, and ſo continued three 'Quarters of a Year, with ſuch racking Pains 'as are inexpreſſible; my *Belly* ſeem'd to 'be clove to my *Back-Bone*, inſomuch, that 'it was all Hollow, like a *Diſh*, and would 'hold Water when I lay upon my Back; 'my *Fundament* was drawn up three or four 'Inches into my Body, and I was grown ſo '*Thin*, and extream Poor, that I was *Raw* 'and *Galled* with lying, and *Lowſy* with

'Poverty of *Fleſh*, and had ſuch Pains in my
'*Ears*, that if a Red-hot Iron had been run
'into them, they could not have been worſe.
'I lay upon my *Back* half a Year, not be-
'ing able to ſtir or move *Hand* or *Foot*
'in all that time. In ſhort, the Pain did ſo
'diſtract me, that I hollow'd and hoop'd
'like a *Mad-man*, with extremity of *Miſery*,
'inſomuch that I really thought *Hell* could
'not be worſe; nor is it poſſible for any
'Tongue to tell, or Pen to write, the Mi-
'ſeries I endured. I was worn to a meer
'*Skeleton*, and when I went to *Stool*, which
'was once in four or five Days, and then for-
'ced by purging Syrups, *&c.* no Woman
'in extream Labour could have more Pain
'cauſed through the Contraction of my Fun-
'dament. I had ſeveral able *Phyſicians* with
'me, to whom my Caſe is well known;
'they preſcribed me *Purging*, *Bleeding* much,
'and very often, they *Sweat* me a whole
'Month together, I took *Viper Powders*,
'*Crabs Eyes*, *Pearl-Cordials*, *Sal Volatile*,
'Spirit of *Sal Armoniack*, Spirit of *Harts-*
'*Horn*, *Oyl of Tartar*, and ſeveral other
'*Drops*, and all the Wood-drinks, and all
'to no purpoſe. I went to the *Bath*, and
'there bathed, which ſo encreaſed my
'Pains, that I am well ſatisfied, one Eſſay
'more in the Bath would have coſt me my
'*Life*,

'*Life*, even in the Waters. At laſt, meet-
'ting with Dr. *Baynard*, he perſuaded me to
'go into *Cold Water*, over Head and Ears, e-
'very Day faſting, and uſe the Decoction of
'*Wild-Sage*, *Ground-Ivy*, *Ground-Pine*, *German-*
'*der*, and a little *White Hoar-hound*, acidu-
'lated with *Crab-Verjuice*, for my conſtant
'Drink, which I did, and in ſix Days Im-
'merſion in the Water, and uſing the Drink,
'I was ſo well, as to walk about my
'Grounds, all my Pains inſenſibly vaniſh'd,
'my Stomach which was quite loſt and de-
'cayed, was reſtored; I got *Strength*, ſlept
'ſound, my *Fleſh* came on, and my *Colour*
'came into my *Face*.

'All this is well known to the Neigh-
'bourhood, and Country round, which with
'my humble Acknowledgments to *Almigh-*
'*ty God* for this my great *Cure*, I atteſt to
'be literally true.

Witneſs my Hand

Given at Mr. Montague's *Houſe at* Latham, June 2. 1696.

Samuel Crew.

The next *Caſe* that I ſhall offer you, is one altogether as ſurprizing as that of Mr. *Crew's*, and much more, conſidering how inſtantaneouſly it was perform'd; and indeed it was a Cure of that moment, that the Learned Mr. *William Baxter* thought it

worth inſerting in his Criticiſms upon *Horace*, Epiſt. XV. where you have the Hiſtory of that bold Undertaking of *Antonius Muſa*, the Phyſician, to Immerge the Emperor *Auguſtus*, in Cold Water: *Nam cum dolore Arthritico laboraret, & ad ſummam maciem perductus eſſet, &c.* which had ſuch happy Succeſs, that the Senate rewarded him with a profuſe Sum of Money: And *Suetonius* ſays, That the Emperor order'd his Statue to be erected in the Temple of *Æſculapius*, &c. But as to this great Caſe, I will give you Mr. *Baxter's* own Words, *viz.* *Ruſticus quidam Cognomentò Plumbarius in vico vernacule appellato* Harrow on the Hill, *quod eſt* Herga *ſive* Caſtra ſuper Colle; *qui quidem vicus ſatis notus eſt in medio ſaxonum noſtrorum* Pago; *præſertim vero nobis qui in ſacro iſto monte Muſas primum adivimus. Laborarat hic vir ſeſquimeſtri fere ſpatio immanibus Arthritidis vagæ, Paralyſeos, atque etiam ſpaſmatum doloribus, adeo ut neque Pedibus inſiſtere valeret: Plurimis autem incaſſum tentatis Remediis, imo & Mercuriali ſaliva inutiliter mota miſellus iſte tandem (incredibile dictu) ab omnibus iſtis tam ſævis ſymptomatibus, vel unica in frigidas noſtras immerſione ex toto liberatus, ad integram ſanitatem reſtitutus eſt, juſſus tamen firmioris efficaciæ cauſa iterato bis terve in eaſdem Aquas ſe demittere.*

In

In this Caſe there was one Paſſage omitted, which I believe Mr. *Baxter* had no Cognizance of; for Mr. *Robert Montague*, a Worthy Gentleman, who often uſes *Cold Baths* himſelf, and that in the very extremity of Winter, as well as in milder Seaſons, told me, (for I was not preſent the firſt time he was plung'd in) That with Extremity of Pain when he was ſtir'd, he ſaw the *Sweat* run down the ends of his *Fingers*, and that three or four luſty *Men* were ſtript to help him in, and after the ſpace of two or three *Minutes* (if ſo long) his Pains were abated, and the Man able to come up the Steps himſelf, *&c.*

I remember that a *Lady* of very great Quality of *Scotland*, and nearly related to his Grace, Duke *Hamilton*, told me (about four or five Years ſince) that ſeveral of her *Sons*, though Born ſtrong luſty *Children*, yet pin'd, dwindl'd, and fell into *Convulſions*, and died in a little time; and that a *Highland* Woman adviſed her either to Waſh or Bath them in *Cold Water*, (I have forgotten which) and accordingly the *Lady* did ſo, and ever after her Children thriv'd, and did well, and are now luſty ſtrong *Young Men*. This, I having had the Honour ſince to wait upon his Grace, Duke *Hamilton* affirm'd to me to be true, for the *Lady* was his own Siſter, and Wife to my Lord *Murry*.

In *Fevers* I have known a great many in my time, who by the over care of their *Health-wrights* were made *Delirous*, and in their *Phrenſy* have leap'd into a *Pond*, or any other *Cold Water*, and not *one* as ever I heard of, ever got any harm, but were thereby preſently cured. And Dr. *Willis*, I remember, inſtances a Caſe or two, wherein they have recovered by immerging into *Cold Water*, either by Accident or Diſtraction.

A Learned and Ingenious Gentleman, a *Doctor of Laws*, now living, told me, That being Light-headed in a *Fever*, and moſt intenſly *Hot* and *Thirſty*, got from his *Nurſe*, and ruſh'd into a *Horſe-Pond* in the Yard, and there ſtay'd above half an Hour; it brought him preſently to his *Senſes*, and allay'd both his *Heat* and *Thirſt*. After which, when in Bed, he fell into a ſound Sleep, and when he awaked (in a great Sweat) he found he was *Well*, but complained of a great Pain in his *Head* for ſome time after, which he himſelf thinks proceeded from not *wetting* his Head.

Mr. *Carr*, the preſent School-Maſter of *Marlborough*, told me, That he recover'd when given over in a *Fever*, by drinking a large Quantity of Cold *Spring Water*. And that I have known in twenty ſuch Caſes in my

my time, but that is not to be depended upon, for ſome have alſo recovered by a quite contrary Method, as drinking ſtrong fermented *Liquors*, as *Cyder*, *Sack*, *Claret*, &c. in large Quantities. See *Harmannus vander Heyden de uſu aq. fontanæ & ſeri Lactis.*

A *Turk* (a Servant to a Gentleman) falling Sick of a *Fever*, ſome one of the *Tribe* of *Treacle-Conners*, (being call'd in) whether *Apothecary* or *Phyſician*, I can't tell, but, (according to Cuſtom) what between *Bliſter* and *Bolus*, they ſoon made him *Mad*. A Country-man of his, that came to viſit him, ſeeing him in that *Broiling* Condition, ſaid nothing, but in the Night-time by ſome conſederate *Help* got him down to the *Thames-ſide*, and ſoundly *duckt* him: The Fellow came home ſenſible, and went to Bed, and the next Day he was perfectly well. This Story was atteſted to me by two or three Gentlemen of undoubted Integrity and Worth; and I doubt it not, but believe it from the greater Probability; for I'll hold ten to one on the *Thames-ſide* againſt *Treacle*, at any time.

Dr. *Yarborough* told me, That his Kinſman, Sir *Thomas Yarborough*, ſent him a Letter from *Rome*, wherein he gave him an Account of a *Foot-man* of his, who when delirous in the *Small Pox*, got from his Bed, and

and in his Shirt run into a *Grotto* of a Cardinal's, where there was Water, in which he plung'd himſelf, but was preſently got out; the *Small Pox* ſeem'd to be *ſunk* and *ſtruck* in, but upon his going to Bed they came out very kindly, and he ſafely recovered.

But my Worthy and Learned Friend, Dr. *Cole*, ſhew'd me an Account from an Apothecary in *Worceſterſhire*, whoſe Name (I think) was Mr. *Matthews*; the Subſtance of which was, That a Young Man delirous in the *Small Pox*, when his *Nurſe* was aſleep, jump'd out of Bed, run down Stairs, and went into a *Pond*, the Noiſe awak'd the Nurſe, who follow'd with an out-cry, which out-cry raiſed the *Poſſe* of the Family, who ſurrounded the *Pond*, but he parled with them, and told them, that if any body came in, he would certainly *Drown* 'em, and that he would come out when he ſaw his own time; and accordingly did ſo, and walkt up Stairs, and ſat (in his *wet* Shirt) upon a Cheſt by the Bed-ſide; in which Poſture Mr. *Matthews* found him when he came into the Chamber. *Note here*, That the *Apothecary* liv'd three or four Miles from the place, and he was in the *Water* and on the *Cheſt* all that while in his *wet Shirt*, that the Meſſenger was gone for him. This *Apothecary*, Mr. *Mat-*

Matthews (for ſo I take his Name) ask'd him, How he did? He anſwered, Pretty well. He ask'd him, If he would have a clean Shirt, and go into Bed? He ſaid, By and by he would; which accordingly he did. When in Bed, he ask'd the Apothecary, If he had nothing good in his Pocket, for he was a little faintiſh? He ſaid, That he had a *Cordial*, of which he drank a good Draught, ſo went to Sleep, and awaked very well, and in a little time recovered. Now, as Dr. *Cole* obſerv'd very well, A Man, quoth he, would not adviſe his *Patients* in ſuch a Caſe to go into *Cold Water*, though this Man eſcaped without Injury; but it gives a good occaſion to Reflect on the many Miſchiefs that attend the *Small Pox* in the *Hot Regimen*, ſince ſuch extravagant and intenſe *Cold* does ſo *little* or no *harm*.

Dr. *Dover*, of *Briſtol*, told me of a Vintner's Drawer in *Oxford*, that in the *Small Pox* went into a great Tub of Water, and there ſat, at leaſt, two Hours, and yet the Fellow recovered, and did well.

A Gentleman delirous in the *Small Pox*, run in his Shirt in the *Snow*, at leaſt, a Mile, and knock'd them up in the Houſe where he went, they being all in Bed, the *Small Pox ſunk*, yet by the benefit of a Looſneſs he recover'd.

I re-

I remember about two Years ſince, a Learned Gentleman, a *Divine*, told me, That in the Country, where he was Beneficed, in a ſmall Town, not far from him, many died of a *Malignant Small Pox*. A certain *Boy*, a Farmer's Son, was ſeized with a Pain in his *Head* and *Back*, vomited, was feveriſh, *&c.* and had all the *Symptoms* of the *Small Pox*. This Youth had promiſed ſome of his Comrades to go a Swimming with them that Day, which notwithſtanding his Illneſs, he was reſolved to go, and did ſo, but never heard more of his *Small Pox*. Within three or four Days, the *Father* was ſeiz'd juſt as the *Son* was, and he was reſolv'd to take *Jack's* Remedy; his *Wife* diſſwaded him from it, but he was reſolv'd upon it, and did Immerge in *Cold Water*, and was after it very well. The Worthy Gentleman that told me this Story, promiſed to give me it in writing, with the Perſons Names and Place; but I neglecting of it, he went out of *Town* in two or three Days, ſo I loſt the opportunity of being better inform'd.

Mr. *Lambert*, Brother to my Worthy Friend, Mr. *Edmond Lambert*, of *Boyton*, in the County of *Wilts*, told me, That when he was at School in *Dorſetſhire*, at leaſt thirty or more of the Boys, one after another,

ther, fell Sick of the *Small Pox*, and that the Nurſe gave them nothing elſe but *Milk* and *Apples* in the whole Courſe, and they all recovered. There was but one diſſenting Boy from that Method, who by command from his Parents, went another Courſe, and he had like to have died; nay, with very great difficulty they ſaved his *Life*. And ſince another Gentleman told me, That himſelf, and divers others, were cured by Milk and Apples, and butter'd Apples, in the worſt ſort of *Small Pox*.

I was at *Chiſwick*, and ſometimes in *London*, in the time of the great *Plague*, in the Year 1665. and I very well remember, that it was the Talk of the Town, that a Brewer's Servant at *Horſleydown*, in *Southwark*, was ſeized with it, and in his *Delirium* run into a *Horſe-Pond*, firſt drank his fill, and then fell faſt aſleep with his Head upon the Pond's Brink, where he was found in the Morning; how long he had been in the Pond, no body knew, for it was in the Night he went into the Water, and had no *Nurſe* then with him, but he recovered to a Miracle.

I heard alſo about that time of a Nurſe taken with the *Plague*, that accidentally fell into a *Well*, ſomewhere near *Acton*, and was immediately brought to her Senſes and recover'd. I was told this by ſome *Acton*-men.

Note,

Note, That during the time of the *Plague*, there was ſuch a general *Calm* and *Serenity* of Weather, as if *Wind* and *Rain* alſo had been baniſh'd the Realm, for, for many Weeks together I could not obſerve the leaſt breath of Wind, not enough to ſtir a Weather-Cock or Fane, if any, it was Southerly; the Fires with great difficulty were made to burn, I ſuppoſe, through the great ſcarcity of *Nitre* in the *Air*, there fell abundance of *Mildews*, and the very Birds would pant for Breath, eſpecially *Crows*, *Kites*, &c. and I obſerv'd them to Fly more *heavily* than at other times. It was obſerv'd alſo, that ſuch as dwelt in *Water-Mills*, and kept home alſo, *Water-Men*, *Barge-Men*, &c. that were imployed on the *River*, were not at all, or rarely infected with the *Plague*. I remember that I heard an Apothecary ſay, (I think it was Mr. *Thomas Soaper*) who lived then on *London-Bridge*, (an ingenious, ſober Man) that there were but *two Perſons* died on the Bridge in the whole time of the *Viſitation*. The Truth of this may eaſily be inquired into, there being many Men now alive, that then lived on the *Bridge*, or near it. At that time People were generally *Faint*, and proclive to *Sweat*, creeping low *Pulſes*, but when firſt infected, very high. Dr. *Hodges*, an Eminent *Phyſician*, then in

Lon-

London, Author of an Ingenious Book, *De Peſte*, with whom I uſed to drink a *Bottle*, told me, That he diſtinguiſhed the *Plague-ſpots* from thoſe of the *Scurvy*, by running a *Pin* up to the head in them, for they were mortified and indolent, *&c.*

Now, how *Cold Water* ſhould cure the *Plague*, is paſt my *Philoſophy*; but if theſe Relations were true, we muſt conceed to it, for there can be nothing ſaid againſt *Fact*: Now a ſudden *Plunge* and *Immerſion* into very *Cold Water*, where there is a great Quantity of it, muſt be the greateſt *Alterative* in Nature, for it muſt give a new Motion to all the *Spirits*, both from its *Frigidity* as well as *Preſſure*, by driving them from their *Poſts* to another *Action*; for I conceive *Life* to be an actual *Flame*, as much Flame as any Culinary Flame is, but fed with its peculiar and proper *Pabulum*, made out of the *Blood* and *Spirits* for that purpoſe: and my Reaſons are theſe, *viz.*

Firſt, *Life* is as extinguiſhable as any other *Flame* is, by excluding the *Air*, &c. for hold your Handkerchief cloſe to the Mouth and Noſe of any *Animal* that has Lungs, and *Life* is put out, the Creature is dead in a *Moment*; there is no Skin broke,

nor

nor Bone broke; no Wound, nor Bruiſe; there is your whole Man, but dead he is.

Secondly, No Flame will burn without *Aereal Niter*, or a *Quid Aerium*, whatever it be; ſome will have it a mix'd *Gas* of Niter and Sulphur; but whatever it be, 'tis *cauſa ſine qua non*, ſomething without which no *Flame* will burn: and that the *Lungs* ſerve to this uſe, and are *Air-Strainers*, is very clear to me, by that Experiment of the *Candle* and two *Puppy-dogs*, put into a great Oven, and ſtopt cloſe up with a *Glaſs-door* to ſee through; and in a little time, when they had ſuck'd in ſome, and the Candle waſted the reſt of the *Niter*, the *Dogs* died, and the Candle went out with them at the ſame inſtant *. That *Fire* burns fierceſt in intenſe *Froſt*, is paſt all diſpute, which muſt be allowed to proceed from the vaſt quantity of *Volatile Niter* then in the *Air*. Hence came the uſe of *Bellows* to draw the Aereal Niter in at the *Valve* or Clack, (placed in the middle of the under Battle-door of the *Bellows*) which cloſing by the *Preſſure* of the *Hand*, ſqueezeth

* Note, *This Experiment of the* Dogs *and* Candle *I did not try my ſelf, but have very good Authority for the truth of it. Thoſe that doubt it may try it.*

eth it out of the *Roſtrum* or Noſe, together with the Air its vehicle, ſo forces it by the blaſt into the *Sulphur* of the *Coal*; which Action by their Union makes *Accenſion*, or that which we call kindling. Now all *Uſtion*, as the *quid inflammabile* waſts, leaves by Incineration *Alcalious* and *Cauſtical* Salts, either fix'd or volatile, which from their Figure or imbibed Fire, become of a pungent *Corroſive* Nature, and fix upon the *Membranes*, being *Nervous* and moſt exquiſite of Senſe and Perception, which by Irritation cauſe a light *Inflammation*, which Inflammation is called *Thirſt*; which Salts hang on all the Membranes leſs or more, but chiefly about the *Mouth* and *Tongue*, there being moſt Harbour and Shelter for them, by reaſon of its downy and lanuginous Membrane: which *Salts* are melted and waſh'd off by *Drinking*, the groſſer by *Stool* with the ſolid Excrements, but thoſe of more *volatile* and *ſubtile Particles* creep with the *Chyle* into the *Blood*, and have no way out but by *Urine*. Hence Water is the beſt *menſtruum* to diſſolve *Salts*; and that which is moſt Simple and Elementary is the beſt *Water*, as leaſt impregnated: ſuch Waters waſh off and diſſolve their Points and Angles, by which they prick, ſheath and invellop them into their own

Pores, and with themſelves run them off by *Urine*; but if ſo forced by *Heat* and *Motion*, as to diſturb them in their Paſſage, the Current of *Urine* is check'd, and the *Salts* leave their hold of the Water, ſhoot their Vortex, and from the *Channels* get into the Habit of the *Body*, which if not diſſolved, melted, and thrown off by *Sweat*, they inflame and cauſe *Fevers*, &c. nor will they ceaſe their Action and Inquietude, until totally *diſſolv'd*, or forced back into their common *Paſſages*, and the Salts precipitated and run down by *Urine*: for I look upon the *Pores* and *Sweat-vents* as ſo many *Back-doors* and *Sally-ports*, by which Nature drives out the *Enemy* crept into her *Garriſon*. This truth is demonſtrated in all *Fevers*, where the *Cauſtical Salts* are not waſh'd off, but remain behind on the *Glands* and *Membranes*, forſaken of their diſſolving *Menſtruum*, the Water, *&c.* which that Ingenious Chymiſt, Mr. *George Moult*, by Chymical *Analyſis* made appear in ſix Quarts of *Febrile Urine*, which I ſent him, and he found but the thirtieth part of thoſe Salts uſually found in a ſound Man's *Urine*: ſo that of neceſſity they muſt remain behind, and be left (like ſo many *French Dragoons*) to Quarter on the Blood and Spirits at *Diſcretion*. The Hiſtory of which is printed in the Philoſophical Tranſactions ſome years ſince. Now,

Now, that which we call inſenſible *Perſpiration* is nothing elſe but the *Smoak*, made from this vital *Flame*, and the Pores are the *Spiramenta* through which it paſſes, and when theſe are *ſtop'd*, the *Smoak* is return'd, and the Flame becomes *reverberatory*, which ſometimes is neceſſary to force an Obſtruction, *&c.* for the *Body* has its *Regiſters* and *Vent-holes* as well as other *Furnaces*; and in this Caſe *Cold Water* is the beſt Method of doing it, which muſt not be continued too long, for fear of Extinction in very weak Bodies; though I am apt to believe, that upon a total Occluſion of the External *Pores*, a great part of that *Smoak* goes through the *Lungs*, and out at the Mouth, otherwiſe Men could not continue ſo long in *Cold Water*, as ſome Ship-wrack'd Men have done: And to prove this, if when you are up to the *Chin* in *Cold Water*, you breathe through a ſhort *Trunk* or hollow *Cane*, your Breath ſhall ſoil a *Looking-Glaſs* at almoſt twice the diſtance, as it ſhall, when the Preſſure is taken *off*, and you out of the *Water*, &c. But to proceed, theſe *Salts* ſometimes *Cryſtallize*, ſo that the common *Menſtrua* will not touch them no more than a File will *Steel* or hardned *Iron*, and then it is a true *Diabetes*, (and here the Phyſician is at his Wits end, and that no far

Journey;) then Hey! for Lime-water, Quince-wine, and other Reſtringents, which if it were poſſible, would rather make a *Coaleſcence*, and tye the Knot the harder; no, the Cure lies in Solution, by melting down the Salts, which muſt be done by open, raw, and unimpregnated *Menſtrua*, ſuch as the *Briſtol*-Waters are, as moſt *Simple*, having the leaſt *Contents* in them, they being nothing elſe but Waters diſtill'd by Subterranean Heats in thoſe vaſt Mountainous, Rocky *Caverns* and *Ovens*, and finding Lodgments and Gutters in the Clefts of thoſe hollow Rocks, which when full, run over, and by Circulation and conſtant Diſtillations, are perpetually ſupply'd, and make a continual *Spring*, &c. But more of this in another Piece I deſign to publiſh, when my other occaſions will give me leave. I ſhall here only add two Letters from Mr. *Mott*, to my Ingenious Friend, Major *Hanbury*, concerning the wonderful Cure of the *Gout* in Sir *Henry Conningsby*, as alſo an Account from Sir *Henry* himſelf to Mr. *Mott*, which I now have ſent laſt Poſt to me from the Major.

From

From Mr. Mott *to Major* Hanbury.
Bewdly, June 3. 1701.

SIR,

YOur's of the 24th of *May* I received, but it had the misfortune to come by the *Lame Poſt*, or elſe you had ſooner received an Anſwer, *&c.* Yeſterday, according to your deſire, I waited on Sir *Henry Coningsby*, who gave me as pleaſant and as agreeable Entertainment, as could have been expected from an Ingenious Gentleman of Thirty Years of Age, had he not wanted the Uſe of his *Legs*, which is the only Deficiency in him, his *Intellects* being as ſound and firm as ever, which you may partly perceive by the Account he gives of his *own Caſe* written with his *own Hand*. He is now in the 88th Year of his *Age*, and yet takes away 16 or 18 Ounces of *Blood*, once every three Months, and drinks nothing but *Spring Water*, and now and then a little *Brandy*. He farther acquainted me, That his Fingers and Toes being full of *Chalk-Stones*, (the Remains of Gouty *Paroxyſms*) they were totally *diſſolved* and *gone*, and thoſe Parts reſtored to their natural Size by the uſe of his *Cold Bath*, which the old Knight is poſitive, will

infallibly Cure that Diſtemper in any Perſon, he having had no Fit for ſeveral Years. Theſe, *Sir*, are the moſt material things I could inform my ſelf of; and in any thing elſe, *&c.* Command,

SIR,

Your much obliged humble Servant,

T. Mott.

From Major Hanbury *in* London, *to Dr.* Baynard *at the* Bath, June 10*th*, 1701.

Dear Doctor,

THIS I received from Mr. *Mott* of *Bewdley* in *Worceſterſhire*, within three Miles of Sir *Henry Conings by*'s: I wrote to Mr. *Mott*, not being ſure that Sir *Henry* was living; but he is, and I have ſent you a Paper writ with his own *Hand*, being his own *Caſe*.

His Weakneſs now in his Legs, is from his *Age*, and former *Gout*, but not in the leaſt *Paralytick*: I wiſh this come in your time,

time. If you have received this, let me know by a Line directed for me at *Richard*'s Coffee-Houſe, *Temple-Bar*.

I am your faithful, *&c.*

John Hanbury.

A Letter from Sir Henry Coningsby to *Mr.* Mott, *giving an Account of his own Caſe, and written by his own Hand.*

WHen I was about Thirty Years old, all my Lower Parts were ſeized with a *Numbneſs*. I applied my ſelf to the *Doctors*, ſuch as Sir *Theodore Mayerne*, Dr. *Winſton*, Dr. *Prujean*, and others the moſt Eminent of that *Age*, they all ſaid that it was a *Paralytick Caſe*. Dr. *Mayerne* ſaid it muſt be fetch'd *ab intimis ac interioribus*. They ply'd me with ſeveral *Medicines* and *Sweatings*, but would not let me *Blood*, which ſo firmly fixed the Diſtemper, that I had no outward *Feeling*, inſomuch that *Nettles* would not *Sting* me, nor outward *Heat*, as Cloths, *&c.* could make me *Warm*. I con-

continued under their Hands ſome Years, ſtill for the *worſe*; indeed I could lamely walk, but rather by *Cuſtom* than *Senſe*.

Thus tired in *Body*, *Mind*, and *Purſe*, I gave them over, and reſolv'd upon juſt *Contraries*; I let *Blood* once a Month, uſed all the *Cold* means; I went into the *Cold Spring* at all times of the Year, but firſt in the *Summer*.

The firſt time I went into the *Cold Spring*, it *blotch'd* me in one place, and ſo every Day more and more by *Pimples* riſing, and then drying away. It gently *excoriated* the firſt *Skin*, opened the *Pores*, and reſtored me to natural *Heat*, and ſo ever ſince I have continued my own *Doctor* for this Forty Years.

☞ *Note*, That I firſt went to St. *Winifred's Well* for a Month, but for want of Faith, her *Saint-ſhip* did me no good nor hurt; but the firſt time I went into the *Well* in my own Garden, I found the happy Operation.

Henry Coningsby.

My Service to Mr. Hanbury,

Vera Copia.

A Let-

A Letter from Dr. Bettenſon *of the* Bath *to Dr.* Baynard, June 17*th*, 1701.

Dear Doctor,

UNderſtanding that you are writing ſomething concerning *Cold Immerſion*, I thought it not Impertinent to give you an Account of what happen'd to a Servant of mine, that had been troubled with a Cough, which himſelf, (and all that knew him) thought would in a little time put an end to his Life. He had had it about a quarter of a Year, or ſomewhat longer, without any Relief from what he had taken; but going over a narrow Bridge in Froſty Weather, he fell over it into the Water, covered with Ice, in which he ſtood with his Mouth juſt above the Water, and made his way out as ſoon as he could; when he came home, he got a warm Shirt, took ſome Broth, or other warm Liquor, ſlept well that Night, the next Day found his Cough almoſt gone, and within a very few Days was altogether free from it. He is a ſober, creditable Fellow, yet living, and can atteſt the ſame.

This

This happen'd before I knew him. I am, Doctor,

Yours,

R. Bettenſon.

The ſame Man having the *Small Pox* when he was a School-Boy, after they had been out a Day or two, roſe out of his Bed, put on his Cloaths, and played with other Boys, on which the *Small Pox* diſappear'd, a purging followed, and continued a Fortnight, by means of that he eſcaped and was well.

A Gentleman that was my Patient here laſt Year, told me, That about Three Years ſince he had taken Cold, on which follow'd a Cough and Shortneſs of Breath, this continued about a quarter of a Year, he ſpit with it, and was emaciated and weaken'd ſo much, that he walked very feebly. Going to ſee ſome Friends near St. *Mungah*'s Well, he bathed there, and in three or four times doing ſo, was freed from his Cough, and in a ſhort time recovered his Fleſh and Strength, *&c.* as by bathing in theſe hot Baths, and drinking theſe Waters, he recover'd that Pain and Weakneſs of Limbs, which Rheumatiſm and Scur-

Scurvey had left, *&c.* and I heard lately he is very healthful and well.

R. Bettenſon.

My dear Doctor,

ACcording to your Commands I have (though very imperfectly) ſent you the beſt Account of the Cold Bath's Virtues, received by ſeveral of our Pariſh.

Imprimis, *John Plummer*, Tenant to *Richard Page*, Eſquire, of *Uxendon* in *Parochia de Harrow*, &c. which you have already taken notice of.

2*dly William Taylor*, my Footman, put to a Carpenter in our Pariſh, in the Hamlet of *Pinner*, who ſerved about 3 Years, was ſeized with a Rheumatiſm in all his Joints; the Phyſicians were conſulted, they took away much Blood, and directed a ſpare Diet, *viz.* Water-Gruel, *&c.* for about two Months, which proved ineffectual. He was ſent home to his Indigent Parents to be taken care of; by their Advice I ſent him to the Cold Bath, and in leſs than a Months time he returned

to

to his Maſter, and has continued well and luſty without Pains, (which is two Years ſince) and is (who was a Durgen before) become a ſtout proper Fellow.

Thirdly, *Samuel Greenhill* my next Neighbour, and a Man of a good Eſtate of his own, and Rents about 150*l. per Annum*; was ſeiz'd, as I think, in *May* laſt with the Rheumatiſm in every Joint, and continued ſo (though he had the help of ſeveral Phyſicians) for at leaſt ſix Weeks. He was wrapp'd up in Flannel, and not able to move without the aſſiſtance of ſeveral Perſons to help him. I directed him (by your Advice) to the Cold Bath. The day following he had my Coach, and bolſtred up with Pillows for his Conveyance, and immediately upon his arrival, (with a little reſpit after the Fatigue of his Journey) was put into the Chair, and let into the Bath; before three minutes were over he was brought up again; he then walk'd up Stairs, and in an Hours time walk'd to *Clare-Market* to his Lodgings, at a Kinſman's: He had not before this Virtue receiv'd, been able to ſtir, yet in leſs than a Fortnights time he recover'd his Health, and follow'd his Plowing, and is free this inſtant from Pains, and all his Swellings; tho' every Joint

Joint was as big as if blown up by a Bladder, yet were they reduced to their uſual bigneſs.; he had no Stomach, but the firſt Night after he walked to *Clare-Market*, eat a very plentiful Supper of Fleſh (which he nauſeated from the firſt time of his illneſs.) I could add more, but I have had a Glaſs of Wine too much.

Fourthly, Your humble Servant was viſited with the ſame Diſtemper about three Years ſince; he had no more than one Phyſician, (but never without one for ſix Weeks together); he never ſtirred in his Bed without the help of ſix Perſons to remove him (though 'twas but one Inch); they took away, at leaſt, 170 Ounces of Blood, and had no other Diet than one or two at the moſt, of Water-Gruel, or Milk-Pottage for that time. He was able by purſuing of the above Directions to go upon Crutches; but coming to Town about a Week after, I went to the Cold Bath, and by the firſt going in, I was able without the help of Supporters to come to my Lodgings, and within a few Days was reſtored to perfect Health; and when the Pains have returned, by making uſe of the Water I have found the ſame Relief.

Fifthly, *S. Lathwell* this Winter has been very bad with the like ail, but in leſs than

a Fortnights time was reſtored to the uſe of his Limbs, and is now well.

SIR,

If you and I were together, I could have given better Satisfaction than what you will meet withal from this Paper. I hope you will not Print it till I ſee you, (though I think I may ſwear to every particular). This is all the trouble at preſent you ſhall receive from

Your humble Servant,

March 9. 1701.

Edw. Waldo.

I have obſerved many times, that thoſe who uſe *Cold Baths*, are not ſo *Dry* and *Thirſty* as other People are; nay altho' very *Thirſty* when they got into them, yet after a little time their *Thirſt* ſhall *vaniſh* and *abate*. Diſcourſing on this Subject with my learned Friend, Dr. *Dring* of *Sherbourn* in *Dorſetſhire*, he told me, That he had read one *Alexander Aphrodiſius*, a Phyſician, who affirms the ſame thing.

And here I may very pertinently let you know (Sir *John*,) what my learned and good Friend, Dr. *Savery* of *Marlborough* in *Com. Wilts*, told me on this Head, and (by good

good luck) I have juſt now (unlookt for) found his Letter written to me two or three Years ſince, as I gueſs, for it is without Date; and that part of his Letter which relates to this Subject, I have here tranſcribed. His Words are theſe, *viz.*

'A few Days ſince, talking with a Coun-
'try-fellow of tolerable Senſe, about what
'would procure a Stomach to *Eat*; one
'propoſed *taking the Air*; another *Riding*;
'a third *Old Hock*. Come, come! ſays my
'Fellow, I have tried all thoſe *ways* you
'talk of, but nothing is like going a Fiſh-
'ing up to the *Chin* in *Water* for an Hour
'or two, that will get you a *Stomach* I'll
'warrant you, nor am I *Dry*, &c. Dear
'Doctor I am

Your's

S. Savery.

Now, to ſolve this *Phænomenon*, and give a tolerable reaſon how Standing or Swimming in *Cold Water* ſhould quench *Thirſt*, ſince it will not be allow'd that it enters the *Pores* of the Skin; if it did, it could not get into the *Blood-veſſels*, and dilute the Salts there; no, I think there

is

is but this one reaſon for it, which muſt ſerve until ſome body offers me a better, *viz.*

That the ſudden plunge into *Cold Water*, cauſes a very ſudden Contraction, which Contraction driving the *Spirits* and *Fluids* from their preſent *Action*, *Poſture*, or *Poſts* they were in, may either diſlodge the *Salts*, or change their *Figure*, for they do not cauſe *Thirſt* until they ſettle, and ſting, and prick the *Membrane*; for whilſt they are ſwimming in the *Fluid*, they are *muzzled* and invelloped in the clammy and glutinous Parts of the *Menſtruum*. Now, though the *Salts* are ſettled, and Thirſt is really commenced, yet by preſſing the Fluid out of the *Habit* into the *Channels*, muſt ſcower and waſh off the *Salts* in the Current, and precipitate them by *Urine*; for we ſee Horſes, and all other Animals, generally *Piſs* when they come into *Cold Water*, which is done by *contracting* the Parts, *&c.* Or elſe the Reaſon muſt be this, all Water *evaporates* continually, and the higher thoſe aqueous *Steams* riſe from the Surface of the Water, the more dilated and ſeparated they are, and mix'd with the *Air*; and conſequently by the Beams of Light, which is expanded *Fire*, are heated ſo, that they are not ſo apt to *cool* the inflam'd and thirſt ſtung *Membrane*.

Now,

Now, when a Man is up to the *Chin* in water, his *Mouth* is ſo very near the *Surface*, that he ſucks them into his *Lungs*, whilſt the Steams are *cool*, *crouded*, and *conglomerate*; as alſo by ſucking in the cold Air with them, they may condenſe in the Mouth, and moiſten it, ſo render the *clammy* Spittle more *fluid*, and help to facilitate Deglutition, *&c.*

I could wiſh that the Chance-mongers of our Hap-nap-faculty would *Read* leſs, and *Think* more; at leaſt improve that *Reading* by *Thinking*, and not take a parcel of Stuff upon *Tick*, and Bury their Patients in a Tomb of *Book-Plunder*: They may as well preſcribe the powder of an old faſhion'd *Bed-Poſt*, as ſome of Old *Nicholas's* Receipts, *&c.* and to learn to know *Plants* more, and *Compound* leſs, which is the great *Aſylum* of Ignorance, blended and mixt up with *Knavery*. I remember, when I was at *Leyden* in *Holland*, not much ſhort of 40 Years ſince, walking in the Phyſick-Garden, a *Scotch* Gentleman, a Student there, asked the Profeſſor, *Franciſcus de la Boe Sylvius*, What *Abſinthium marinum* was good for? The Profeſſor ſmilingly ask'd him, What Country-man he was? He anſwer'd, *Scoto-Britannus*. He ask'd him, If in their Metropolis, *Edenburgh*, they had not ſuch a Puniſhment as the Boot to extort Confeſſion from the ſtubborn Criminals? He anſwer'd,

Yes. Why, then quoth *Sylvius*, take this *Plant* in his luxuriant Seaſon, Root and Branch, and clap him into the *Boot*, and ſqueeze it hard, for whithout it *confeſſes*, I doubt neither *Thee* nor I ſhall ever (truly) know what his Vertues are. The Moral is plain.

If a Man rightly conſiders the *Sympathies* and *Antipathies* between all created Beings, the myſterious and unaccountable *Ferments*, things broken and mixt have within themſelves; How often we miſtake, even in our greateſt Care, and take *non cauſa*, *pro cauſa*, and give that praiſe to the Medicine, which is more often due to Nature, and a good Conſtitution: If we conſider but that one Compoſition of *Gunpowder*, how nice it is; firſt no *Coal* will do but *Willow* or *Alder*, and that new burnt too, while the *fiery* Particles are in it, and ſuch and ſuch due Proportions of *Peter* and *Brimſtone*; if you take away a third of theſe, or abate in never ſo ſmall a Quantity, or add never ſo little of a fourth thing, 'tis all ſpoil'd; how it muſt be granulated and corn'd that the *Air* may lodge in the *Interſtitia's*, or elſe it will Fiz, but not explode, as we may ſee in the bruiſed Duſt, of which they make *Rockets* and *Serpents*.

Now 'tis paſt doubt, that the ſame Parity of Reaſon lies in all Compounds, if we could find it

it out; every Plant which we call Simple, is compounded by the unſearchable Wiſdom of the great Compounder; for what can we ſay, when we find that the Root, Stalks, Leaves, Flowers, and Seeds, in many Plants have their different *Taſts*, and different *Virtues*; why ſhould the Flowers of the *Sloe-Tree* purge, and the Fruit bind? ſo of the *Quince* and *Medlar*, &c. All that remains, is, let Men endeavour to know as much as they can, and be honeſt in that Knowledge. As for my own part, if I could wiſh or blow a Man well, I would do it without Medicine: I have I thank God a great deal of *Pity* and *Compaſſion* in my Nature, and cannot be eaſie, whilſt I ſee another in *Pain* and *Miſery*. And if I could but eſtabliſh ſome few Certainties in my Profeſſion for the good of Mankind, I did not care, tho' I my ſelf went as naked as I was born, to my Grave. I hope, Sir *John*, you, and all good Men are of my mind, and if every one would a do little, each ſet his Hand to the *Plow*, and be Sincere, Faithful, and Honeſt in what they diſcover, it would be pleaſing to *God*, and beneficial to *Man*. I deſign to go into *Lancaſhire* when the Seaſon is over at the Bath, to ſee my old Friends once more before I die. I ſpent the beſt part of my Youth among them, ſo can't but have a

Love and Reſpect for them; and in my Journey ſhall call at *Litchfield*, to pay that Reſpect to Sir *John Floyer*, which is due from his

Moſt humble and obliged Servant,

Edw. Baynard.

POSTSCRIPT.

I Had (Sir *John*) almoſt forgotten two or three remarkable Paſſages in our Cold *Regimen*, which ſhould not have been omitted, becauſe thoſe Caſes frequently occur. The firſt is in weakneſs of the *Penis*, and loſt *Erection*, often through ill cured *Gonorrhœa*'s and *Gleets*, &c. And ſometimes by that curſed School wickedneſs of *Maſturbation*, (*res fœda dictu*) by which many a young Gentleman has been for ever undone, which ſo weakens the Parts, that when they come to Manhood renders them (to Women ridiculous, becauſe) Impotent, a Vice condemn'd by the Heathen Poets, *&c.* as *Martial*, Epigram. in *Ponticum*, *&c.* ſuch, I ſay, I have known perfectly cured, and made Potent ad ——, *&c.* when all other

other Remedies have fail'd, nay, and after ſome Years ſtanding, when the Caſe has been old, and no hopes of Cure ever expected; where the *Cremaſter*'s, the Muſcles of their *Teſtimonies*, have been weak, and the Clock-weights of their *Hearts* ſunk and hung low, *&c.* there I ſay, in more than Twenty ſuch Caſes the Cold Water (together with a very little other help) has wound up their Watch, and ſet their *Pendulum in ſtatu quo, &c.* One Hiſtory whereof is moſt remarkable of a certain Gentleman well-known about Town for his great Strength and Courage, (ſince kill'd in a *Duel*) who was not ſhy of his unhappy Diſaſter, after taking all the Clap-*Courſes* over and over to no purpoſe, but to his Deſtruction, by needleſs repeated *Bleeding* and *Purging*, which brought him down almoſt to the Brink of the *Grave:* he ſent for me to conſult me in his Caſe, which was a violent *Gleet* and loſt *Erection*, of four Years ſtanding, and not above 29 or 30 Years of Age. I told him I would try what I could do for him; in order whereunto, I bid him go into the Country, out of the ſight of any *Women*, and find out ſome very *Cold Spring* or *River*, where he ſhould firſt plunge overhead, then put on his Shirt, Coat and Hat, to prevent it catching Cold from the Wind

and Air, and ſit up to the Waſt for an Hour at leaſt, Night and Morning, and for a Month drink nothing but new Milk twice a Day ſweeten'd with Sugar of Roſes; at Noon eat well-roaſted-Mutton with Cold Salets, as *Cucumbers*, *Lettice*, *Purſlane*, &c. and drink nothing but *Spring-Water* with a little *Claret-Wine*, and at Night wrap up his *Whore-Tackle* in a Linnen-Cloath, wet in ſtrong Vinegar and Claret-Wine, and ſo to Sleep; which Directions he punctually obſerved, and in leſs than 14 Days he was as well as ever he was in his Life; but I doubt returned to his old Trade, and Womaniz'd as much as ever. And in ſeveral others, I have found nothing better than *Cold Immerſion* to invigorate and ſtrengthen all thoſe Parts, nay, even when the Patient has been reduced almoſt to *Deſpair*, and ſome to *Diſtraction*, their Heads running perpetually on the Ruin of themſelves and their Poſterity. And I muſt ſay, that thro' the many miſerable Spectacles, and ſuch deplorable Caſes I have ſeen, that *Poxes* and *Claps*, &c. is the greateſt Curſe that can befal a Man in this Life. And I here declare, as old as I am, rather than have any Infirmity in that Corner of my *Microcoſm*, I would chuſe to be hang'd this moment; for a Man does not only Ruin himſelf, but

Docks

Docks the *Intail* of his own *Blood*, and brings a *ne plus ultra* on his *Name* and *Family*; so that one false Step in the *Whoring-Adventurer* is the Ruin of the whole Cargo of *Boys* and *Girls*. And therefore *Sylvius*'s Definition of the *Pox* was the best I ever met with, having *Brevity*, *Perspicuity*, and *Verity*, when he call'd it,

Flagellum Dei in Scortatores.

It may be objected here, that some that have had the *Pox* have begotten sound Children. I grant it, such as have appeared so at least, yet it has lain smothered in their *Bloods*; and either such Children, when grown up, have proved sickly and weak, or their Children been *Rickety*, *King's-Evil'd*, or *Consumptive*; for the *Shakes* and *Girds* strong Physick gives the Human *Fabrick*, must loosen some *Rivets* and *Pins*, as I may say, that should go to the fastening of the Foundation of his *Family*: So true is that saying of *Galen*, Lib. de sectis prope finem.

Neque impune posse administrari remedia, cum omnia præter naturam sint, ob idque naturales facultates infestent, nec possint adeo morbosas Causas rescindere, quin una illis aliquid etiam benignæ substantiæ rapiant.

And this is that, which causes no good Texture in our *Off-spring*. Hence, the com-

plaints of *Mala ſtamina vitæ*, when the *Web* and the *Woof* are not well ſtruck together. How many Children have I heard (from their bitterneſs of Soul) curſe their Parent for begetting them, the wretched Heirs apparent to *Pills*, *Potions*, and *Poſſet-drink*, dwindling out the ſputtering *Snuff* of *Life* in Pain and Miſery, and ſpending their little Subſtance among Phyſick-*Harpies*, and their ravenous Attendants *Nurſes*, *Quacks*, *Apothecaries*, &c. Were I a young *Woman*, I think I ſhould very well be acquainted with my *Man*, and his *Manners too*, e're I ventured on the Voyage-Life, in the Ship Matrimony; and *è contrario*, the Man ſometimes has been Shipwrack'd on as *Rotten a Bottom*, &c. In this wretched Condition, I find ſome of our *Engliſh-men*, and thoſe of the beſt Quality, in the time of *Henricus ab Heers*, frequented the *Spaws* in *Germany*, in hopes of a cure to their languiſhing *Prolegomena*, whom he mentions in a *Joco-ſerious* ſort of Stile, by the Name of *Mylordi*, whoſe Words are theſe, *viz.*

Illuſtris quidam Anglus, quos Mylordos, hoc eſt dominos per excellentiam nominant, Spadam venit ante annos quindecim impotentiæ remedium quærens, &c. This unhappy Gentleman could not touch a Woman, but *ad primum labiorum contactum ſemen emittebat, ſed imbelle & prorſus aqueum & ſero ſimillimum; uxorem duxerat*

duxerat annos natam ſedecim, ſed quam toto biennio, etiam ſe fatente, non devirginaverat; optime erat habitus, corpore procero, euſarcos, genis rubentiſſimis.

One may look *brisk*, with *Cherry-Cheek*,
And yet *below-Stairs* very weak.
That Woman's in a doubtful Caſe
That builds her hopes upon a *Face*;
As one was cheated, when ſhe choſe
A *Husband* by the length of's *Noſe*.

Non ſemper inferius, ſicut ſuperius.

He tells you of many ſuch Caſes, wherein they came to the *Spaws* in hopes of help; but as much as I can perceive, he boaſts of no Cures by thoſe Waters in that Caſe, but that they return'd *re infectâ*.

I remember he tells one odd Story of a young Man abus'd by the too much uſe of *Guajacum*, whoſe Hands all chopt in croſs Chops, like an Iron-Grate, and all his Skin broke out into a *Lepra* or *Elephantiaſis*, which had ſo parch'd and dry'd his *Liver*, that he cured him by laying him under a *Spout* of a Mill, and let the Water run upon him, and gave him Cryſtal with cooling things to drink, eſpecially ſtore of *Whey* with *Sal prunellæ* &c. *Deinde in ſtramineo lectulo ſub altiſſimo*

tiſſimo molendino, ſufflaminato hanc in uſum jacentem, ſtillicidium ex alto in Hepatis regionem cadens excipere aquæ gelidiſſimæ neque motu neque ſolaribus radiis calefactæ; hoc cum mane & ſeſquihora ante cœnam aliquot dies feciſſet, & ſaniſſimus & pulcherrimus factus.

I much wonder why he ſhould ſay, *Neque* motu, *neque ſolaribus radiis calefactæ*, becauſe 'tis well known, that all *Liquids* the ſwifter their Motion, the cooler they are, eſpecially Water; for that which ſtagnates is only warm by the heat of the Sun; at leaſt warmer than *running Water*; and we ſee in ſcalding *hot Water*, the faſter it is pour'd out of one Veſſel into another, the ſooner it cools; but the ſwifteſt Motion that can be in *Nature*, or contriv'd by *Art*, cannot make Water that is *actually Cold*, in the leaſt degree *Hot*: ſwift Motion indeed, by the Contrition of ſolid hard *Bodies*, will wax *Hot*, *Smoak*, and *Flame*, as in *Wheels*, &c. but in *Liquids*, *hujus contrarium eſt verum*; and I have ſeen a Smith take a ſmall Bar of cold tough *Iron*, and in leſs than five or ſix Minutes time has hammer'd it on a cold *Anvil*, until it has been *red Hot*. But to the Buſineſs.

Capt. *Dampier* in his Journals of his Voyage round the *World* gives an Acount that the *Achineſe* very much delight to waſh in *Cold Water*. His Words are theſe, *viz.*

'They

'They are here, as at *Mindanao*, very 'ſuperſtitious in waſhing and cleanſing 'themſelves from Defilements, and for that 'reaſon they delight to live near the *Rivers* 'or Streams of Water. The River of *Achin*, 'near the City, is always full of *People* of 'both *Sexes*, and all *Ages*; ſome come and 'waſh themſelves for the pleaſure of being 'in the Water, which they ſo much delight 'in, that they can ſcarce leave the *River* 'without going firſt into it, if they have 'any buſineſs brings them near. Even the '*Sick* are brought to the *River* to waſh. I 'know not whether it be accounted good 'to waſh in all *Diſtempers*; but I am certain 'from my own *Experience*, it is good for 'thoſe that have the *Flux*, eſpecially Morn-'ings and Evenings, for which reaſon you 'ſhall then ſee the *Rivers* fulleſt, but more 'eſpecially in the Morning, *&c.*

And in another place he ſays, I was perſwaded to waſh in the *Rivers* for the Recovery of my *Health*, which I did Mornings and Evenings; and though it ſeemed ſtrange to me before I try'd it, yet I found ſo much comfort in the firſt trial, that I conſtantly apply'd my ſelf to it. I went into the *River*, till the Water was as high as my *Waſt*, and then I ſtooped down, and found the Water ſo *cool* and *refreſhing* to my Body, that I was always

always loth to go out again; then I was ſenſible that my *Bowels* were very *hot*, for I found a great *heat* within me, which I found refreſhed by the *cool Water*, &c.

I remember an old *Fiſher-man* that formerly liv'd at *Hammerſmith*, who told me, That little Sleep and cool Diet, and thin Cloaths, were the only means to live *healthful* and *long*, and that *Water-Air* made him eat heartily, and that he was a great lover of *Salt-fiſh* and *Parſnips*, and when he did eat any of his own freſh *Fiſh*, he eat them always *new*, and always boil'd, never fried, as being eaſieſt of Digeſtion, and eat them the *Dutch* way, brought to Table in the Liquor they were boil'd in; and that at any time when he was uneaſy, and could not Sleep on Shoar, he went into his *Peter-Boat*, and the coolneſs of the Air, and the rocking of the *Boat* on the Water made him Sleep ſoundly. He alſo often waſh'd in *Cold Water*, and his Hands and Arms always dabling in Cold Water, drawing his Nets both Winter and Summer: He wore but a thin woollen *Waſtcoat* next his *Shirt*, and was a luſty tall *Man*, could both hear and ſee well, did neither *Stoop* nor *Tremble*, and died of an acute *Diſeaſe* at a *Hundred and three Years of Age*. I am told he died of a *Pleuriſy*, his Name was Good-man *Savory*, who for his

Strength

Strength and *Vigour* might very well have lived forty or fifty Years more; and I think 'tis ſince he died about eight or nine Years.

I find no Men live ſo long and healthful, as the Waſhers and Dablers in *Cold Water*. There is now living at *Chiſwick* on the River of *Thames*, one old *Sutton*, a Fiſherman, who they ſay is more than *a Hundred Years old*; he own'd to me three or four Years ſince, that he was almoſt a hundred, he tugs at the *Oar* in all Weathers in a thin Waſtcoat, and cries his *Flounders* about Streets with as ſtrong a Voice as any Man of but thirty Years of Age; he is a fat, ſquat, ſhort, ſurly *Old Fellow*, and his Food is for the moſt part *Brown Bread and Cheeſe*, and his Drink, (when he can get it) mild clear *Beer*. This I had from his own Mouth.

I have known in my time many old *Water-Men and Fiſher-men*, full, or near to a hundred. And I am told, That at *Witney* in *Oxfordſhire*, thoſe who work at the *Blanket-Mills*, carry wet Blankets in their Arms, next their Breaſt, Winter and Summer, and never catch *Cold*, and live to extream *Ages*.

There was a *Fiſhmonger*, who had a Son put Apprentice to a *Scrivener* or Attorney, but had not Strength to hold a *Pen* to write,

through

through the weakneſs of the *Joints* of his *Fingers* and *Wriſt*, which he had for ſome time labour'd under; ſo that his Father was forced to take him home, and being imployed in his own Trade by often dabling and wetting in *Cold Water*, ſoon recovered his Strength, and is as well as any Man.

How refreſhing the pouring of Cold Water out of one Veſſel into another, is to thoſe in Fevers, I can teſtify, and many have been by the cool and noiſe of that *Action* lull'd aſleep. And Capt. *William Wicks* Apothecary on *Ludgate-Hill*, *London*, told me of an Acquaintance of his, that was given over in a *Fever* by his Phyſicians, that was by his Brother-Trade recovered, by getting Hands enough, and perpetually pouring round his Bed *Cold Water* out of one Veſſel into another, until he fell aſleep, and by that means recovered. And I remember, that my Learned and Good Friend, Dr. *Upton*, told me of one ſo recovered in *Newgate-ſtreet*, whether it was the ſame *Perſon*, or no, I cannot tell. I have alſo known that the ſticking of the freſh and green *Boughs* of Oſiers, Willow, Poplar, Elder, *&c.* round the Bed, has refreſh'd the Sick, and often induc'd Sleep, even where *Opium* has fail'd.

That

That Cold Water concenters the *Spirits* and ſtrengthens the *Nerves* and muſculous *Fibres*, by bracing them, as it were, like a *Drum*, when the Parchment-head is relax'd, is very evident by this Experiment of two Boys running for a Wager a hundred Yards, more or leſs, let the Boys be near of a Speed and Strength, take the *Boy* that loſeth and dip him in *Cold Water*, and then let them run a ſecond time, and the loſing *Boy* ſhall beat the other, *&c.* And talking on this Subject, I remember that a *Gentleman* told me, That when he was a *School-Boy*, they uſed to lay a *Twig* on two forked Sticks parallel to the Ground, and to jump over, and he ſaid that he always obſerved, that when he had been in the *Water*, he could then Spring much higher than at any other time.

Dr. *Griffith*, a Learned and Ingenious *Phyſician* of *Dublin*, I met at the *Bath*, who told me of many People, both in *Fevers* and *Small-Pox*, who in their Deliriums have run into the *Cold*, nay, even into the *Snow*, and have recovered without any harm or accident.

At St. *Mungah*'s, the Cold Spring in *Yorkſhire*, 'tis the Coſtom of the Country People, eſpecially thoſe that are ſuperſtitious, to carry as much of the *Saint* away with them

them as they can; and as a ſort of Mortification to quench (as they think) Concupiſcence, they not only *Bath*, but when they come out put on a *wet Shirt* or *Smock*, (this I have known both Men and Women do) and ſo Walk or Ride home, and let their Shifts dry upon their Backs; but the Effect has prov'd contrary to their Expectation, for when dry and warm, they have found *ſpicula Veneris acuit frigus*. And I have heard an old *Carkaſs-man* ſay, who had been a great lover of *Cow-Beef*, that the Temple of *Venus* was a *Pond of Water*, for ſhe that was born at *Sea*, was out of her *Element* on dry Land, *&c.* And Dr. *Savory* told me, That that Fellow which he mention'd in his Letter, that uſed to fiſh up to the Chin in *Cold Water*, found it did *Ad venerem ſtimulare*, &c. and ſeveral of our Winter-Bathers (nay even in Froſt and Snow) have complained that all the Injury they found by *Cold Bathing* was, that it did *famem ac venerem nimis augere*, which made one ſay,

Cold Bathing has this Good *alone*,
It makes Old John *to hug* Old Joan.
And gives a ſort of Reſurrection
To buried Joys, through loſt Erection.
And do's freſh Kindneſs's entail
On a Wife Taſtleſs, Old, *and* Stale.

To

To prevent *Abortions*, and ſtrengthen weak *Wombs*, 'tis one of the beſt Remedies in the World, eſpecially if ſhe goes into the Bath towards *Bed-time*, her Dinner being digeſted and paſt off; and in ſome Women to loſe a little *Blood* a day or two before, is good.

In the beginning of Fevers, *expertus loquor*, in many Caſes I have ſeen it to cure and take off the *Febrile Heat* and *Thirſt*, at the very firſt Immerſion. And I my ſelf about the middle of *July*, *Anno* 1702. became very feveriſh, (I ſuppoſe from drinking of *Milk* upon eáting *Melon*, when I had been faſt walking and very *Hot*) my *Tongue* was rough and white, my *Mouth* clammy, and an ill taſte, my *Urine* of a bright amber Colour, but no Separation by ſtanding, nor blue Stain on the Glaſs: I ſlept very diſturbedly, and had a quick high towring *Pulſe*; had ſtrange *Flaſhes* in my *Blood*, like Wildfire, which I could perceive in my Face, Neck, Breaſt, and extream Parts, (and *God* forgive me, not ſo well prepared for a Journey to the other *World*, as I ought to have been) and found the *Fever* to kindle upon me, and dreading the conſequence of being *delirous*, knowing that the *Executioners* would croud in upon me, and encere me alive in a Sheet of *Bliſters*, &c. theſe Con-

ſiderations were terrible to think on, and that ſomething was to be done quickly whilſt I had my Senſes, and durſt not *Bleed* in a pale *Urine*: I took half an Ounce of *Crem. of Tartar* in the Bath-water, which gave me three or four Stools, which made me much worſe. I Sweat extreamly ſpontaneouſly before I took the *Crem. of Tartar*, but had no Relief by it at all. I called my Servant to get ready my Swimming Shooes, (for I have a tender Foot, and can't tread upon the Stones) ſo down to the *River* went I at Nine a Clock at Night, and in leap'd over Head and Ears, as they ſay, and Swam up and down for ſome time under half an hour; ſo home I came, and to Bed I went; I found my ſelf in a State of Neutrality, neither better nor worſe. I at the *Cold Water* again the next Day, and Swam longer than the firſt time, and came home as well as ever I was in my Life, and eat *Veniſon Paſty*, and drank a Bottle of *Claret* for my ſhare; but I continued Bathing in *Cold Water* two or three Days, for fear of a *Relapſe*, &c. And in this place I think it will be very pertinent to inſert that moſt remarkable Caſe, mentioned by the Learned Dr. *Willis*, in his Chapter *De* Delirio & Phrenitide, Cap. X. Pag. 265. whoſe words are theſe, *viz.*

Olim

Olim ad Ancillam robustam, quæ febricitans, & summè insaniens, continuè in lecto vincta tenebatur, curandam accersebar. Huic sanguinem copiosè & dein iterato mitti, alvum ab enemate crebro subduci, quin & alias quasque administrationes, & in hoc casu usitatas, ordine celebrandas præcepi; interim Julapia, Emulsiones, & Hypnotica propinari: verùm his parum aut nihil juvantibus, per septem vel octo dies illa insomnis usque, & furiosa admodum perstitit, Potum frigidum ejulando & clamando perpetuò exposcens; quapropter Hydroposia ad libitum, immo ad satietatem concessa, nequaquam sedatior, aut sitibunda minus facta est; itaque jussi (siquidem tempùs æstivum fuit) ut media nocte à mulieribus sublata & foras perducta cymbæ imponeretur, dein vestibus exuta & vinculis soluta fluvio profundo immergeretur, fune tantum circa corporis truncum ne forte submersa interiret alligato. Verum istiusmodi retinaculo nihil opus fuit, namque puella ut vix melius vir quispiam artem hanc probè edoctus, sponte natabat. Post tertiam aut quartam horæ partem, sana ac sobria aquis eximitur, dein lecto commissa dormivit, & copiosè sudavit, posteáque sine alio quovis remedio convaluit.

Curatio hæc tam subito & feliciter successit, in quantum flammæ tum vitalis tum animalis simul in immensum auctæ excessus, à proprio ig-

nis intenſioris remedio ſcilicet Humectatione & infrigidatione ab aquis tollerentur.

Now, what can any Man ſay againſt this Relation, for 'tis impoſſible to invalidate *Fact*? What Strains and Shifts muſt the *Antipſychrolites* be at to make null and void this *Story*? A luſty ſtrong *Wench*, raving and bound in her Bed, reſtleſs ſeven or eight Days without *Sleep*, with ſuch an intenſe *Thirſt*, that nothing could quench it, nor *Opiats* in the leaſt aſſiſt her, perpetually crying out for *Drink*, &c. and yet in leſs than a third part of an Hour was by *Cold Water* perfectly cured. Really this her Recovery was more wonderful than her *Swimming*, which ſhe did to Perfection, though probably never was in *Cold Water* in her Life before. I ſay, What can the *Phyſick Zany*, the *Jack-Pudding* of the Town ſay to this, that Reverſe and *Antipode* of Learning, Modeſty, and good Manners, that grins at, and ridicules (to the length of his ſhort *Tedder* of Underſtanding) every thing that the weak Fibers of his wretched *Nons* can't *Graſp* and *Comprehend*? An Ingenious Man uſed to call this Fellow the *Phyſick Town-Top*, a Log of Wood with a *Braſs Noſe*, that was laſh'd and kept up by other Mens *Mettle*, more than his own, whoſe Excellency lies in a Row of ſilly worn out threadbare, chaw'd-

chaw'd-over *Stories* and *Jeſts*, ſuch as ſerve to make *Fools* laugh, and *wiſe Men* ſhake their *Heads*. Such another *Guinea Hocus* as this, I was in Conſultation with, a ſort of a *Town-Top* too, tho' not ſo very wooden as the other; the queſtion was, whether a *Hot* or *Cold Bath* was moſt proper in a certain Caſe? A *Quaker* ſitting by, and hearing *Top-minor* ſpeak very ſillily to the Point, told his Couſin, the Sick Man, that he did not expect a Bleſſing on this Conſultation, becauſe he that ſpoke laſt, he found by his Diſcourſe he was an *Infidel*, and had no *Faith*: No Faith, quoth the *Doctor*, how ſo? Why, quoth the *Quaker*, I am ſure thou haſt no Faith; for if I ſhould tell thee (before all this Company) that thou art a *Coxcomb*, thou wilt not believe me, ſuch is thy little inſight into thy ſelf; and I am afraid that thou knoweſt as little of my Kinſman's *Caſe*, as thou doſt of thy own weakneſs; upon which *Top-minor* grew angry, and ſpun out of the Room.

London, July 9th, 1702.

To his Friend, Dr. Baynard *at the* BATH.

SIR,

HEaring of ſo many wonderful Cures done by your Cold Bath, the Reputation of it has almoſt perſwaded me to try it my ſelf, if you think it proper for me. I ſometimes being troubled with wandering Rheumatick-pains, and being no admirer of much Phyſick, I would gladly take the ſhorteſt Courſe to be well: So underſtanding by reading Sir *John Floyer's* Book, that you are the only Man that have made Obſervations of both *Hot* and *Cold Baths*, conſequently you muſt be the beſt Judge in what Caſes they are moſt proper. But in my own Opinion, I rather incline to *Cold Immerſion* from an Experiment, or rather happy Accident that befel my ſelf, which was this; I was formerly much troubled with a ſort of little flat Worms that I ſhould often void in my Excrements; but on a certain time going to Swim in a very cold deep Pond, that was fed with many Springs, when I came out I found in my Stool, a great Cluſter of the Worms

Worms, and from that time was never more troubled with them. I only tell you this as Fact; the Philosophy of it I must leave to you and your Brethren, to determine the why, and the how, this Cure was wrought; so expecting your advice by next Post, I am, dear Sir,

Your humble Servant,

Jo. Eldred.

Direct for me at the old House, *Ludgate-Hill.*

I remember that a Gentleman of good worth (last Summer at the *Bath*) told me, That he went into St. *Mongah*'s with Crutches, and was in six or eight times Bathing so much reliev'd, as to walk with an underhand Stick: but forced by his Affairs to a Journey for *London*, and his Distemper threatning a return, his Case being a *Palsey* with a *Tremor*, complicated sometimes with a *Rheumatism*, or (what was worse) a *Running-Gout*; and resolving from his last success in *Yorkshire* to try the *Cold Bath* at *London*, went first to his *Physick-Flinger*, the Goggling *Goliah*, to hear what that *Loftiness* could say to his Case. This puff'd up

Apollo, ſo bloated with *Fool's Breath*, as if the *Calf* had been Prickt and Butcher-blown, look'd ſo magiſterially upon me *(quoth he)* with a Claret-ſtew'd *Phyz*, betwixt Roaſt and Sod, together with his uſual Hypocritical *Grin*, that the Figure of the Fellow like an *Uniſon* in Muſick, ſtruck that String of *my Chops*, which *his* Face had tuned, which made me *Grin* too, to behold him; but having Preſence of Mind, I ſoon ſhifted my Face into a *Scene* of Gravity, and mumbling my Mouth ſomewhat faſhionably, I accoſted the *Idol* with a *Guinea*, and my *Caſe*, who after a Brace or two of unmannerly *Belches*, and a ſhort *Pauſe*, ask'd me a Brace or two of as impertinent and unfutable Queſtions to my *Caſe:* but ſoon and peremptorily concluded, that it was an ugly Scurvy in my Blood, cauſed by too many *Acids* there; ſo put me into a Courſe of *Sweetners*, as he call'd them, the principal of which was a Quart of thin Cuſtard-like-inſipid ſtuff, *Eggſhelated*, call'd by his Learned Apothecary, the *Oriental Pearl Emulſion*; in the good nature of which Medicine I was to acquieſce, until further orders; ſo hobling off with my ſcrap of preſcription, I turn'd ſhort on his Worſhip's patience, and ask'd him what he thought of the *Cold Bath*, Z---ds it will kill you (quoth he in Sput-

ter

ter and Paſſion) it will kill you. But hearing ſo often that this *Oracle* was no *Oracle*, by his many miſtakes in his forward, falſe and fooliſh *Prognoſticks*, even ſhort of the *Old Wife's Sieve* and *Sheers*; and being vext for being a *Bubble* to a *Blockhead*, and *Guinea-bit* for my Senſeleſs Curioſity, I went next Day to Mr. *Bayns*'s, and took Lodgings at the *Cold Bath*, and was (I thank God) much mended, tho' not Cured by a few *Immerſions*, and after I have drank theſe Waters ſome time, I'll return home to my own Houſe, where I have a *Cold Spring*, and try what *Faith* and *Cold Water* will do for me; for of all the many things I have hitherto uſed, nothing has done me ſo much palpable and apparent good as *Cold* Immerſion; and in this, and ſuch like Caſes, I am well ſatisfied that all the confident and moſt *Corinthian aſſurances*, are but proſtituted Hopes and Promiſes of your trifling Preſcribers, when they are at a loſs and ſtand, either in the *Cauſe* or its *Cure*, ſo fly to their laſt ſhifts of *Buffoonery*, and *Ridicule*, making it their Buſineſs to Decry and Invalidate any thing that may have a probable countenance towards a Cure: for what is not the product of their own *thoughts*, muſt certainly ſully and blacken their *Reputation*, as Cold Water has done in a hundred Caſes,

honeſt-

honeſtly and openly in the face of the *Sun*, without *Trick*, *Artifice* or *Juggle*; at which ſome of the more modeſt have drawn in their Horns, and calmly acquieſc'd in the weak Man's wonder, *viz.* L--d! Who would have thought it? for *magna eſt veritas ac prævalebit*; for tho' Fact may be obſcur'd and hid for a while, yet it can never be *Stifled* and *Annihilated.*

Another of this claſs, a Man of no mean Magnitude once, but now deſpis'd and p--s--d upon, a Fellow of a *Gelt* and *Caſtrated* reputation, for having outlived that ſet of *Fools* that once admir'd him, he can beget no more; this Man, I ſay, being ask'd by a Melancholy *Patient* his opinion of a *Cold Bath*, anſwered him in making Mouths, with ſtrange diſtortions of Chops and Noſe, and after his Face had entertain'd him with turning the Somerſet a while, he by degrees broke up his Grimace, and ſwore it would kill him.

Now I would fain know what it is that frights all theſe fooliſh people, and makes their heads run thus upon killing? how can a Man's waſhing himſelf in *Cold Water* kill him? 'Tis but of late Years that ſprinkling came in and was uſed in *Baptiſm*; and what I pray became of all the *tender* new born *Infants*, that were made *Chriſtians* by *Immerſi-*

on

on in a cold Marble Font, in a damp Church, in cold hard Winters, and the worſt of Weather ſometimes; what, were all theſe Children *kill'd*? I am apt to think the *Devil* has ſcatter'd ſome of his Hell Grubs in their Sculls, and fly-blown their *underſtanding* to a degree of *Lunacy*, leſt the old way of *Immerſion* ſhould come into the World again: not that I am an *Anabaptiſt*, for I was ſprinkled my ſelf, and a ſprinkled *Chriſtian* is better than none; for I put no great ſtreſs upon the form, provided a Man believes well, and lives well; for he is my *Chriſtian*, who ſhews me his *Chriſtianity* by his Faith, his Faith by his good Works, *&c.* But this being the *Parſon*'s Province, I have done.

Some years ſince Mr. *Ellysby*, the preſent Miniſter of *Chiſwick*, near *London*, a tender weak Man (a Man of a ſingular *Life*, and good Learning) by the advice of Dr. *Cole*, Dr. *Gibbons* and my ſelf, was directed to the uſe of the *Cold Bath*, but it was made in a *Tub*, ſo not cold enough for the purpoſe deſign'd, however he found ſome benefit; and I am inform'd by ſome of his Pariſhioners, that this Preſent Summer, he has very often uſed the *Cold Bath* at *London*, and is Cured of his tenderneſs to a ſtrange degree, and is become a new Man for Vigor and ſtrength.

Dr.

Dr. *Groenvelt*, a Man famous for his great Cures in his Art for Cutting for the *Stone*, call'd me in to a Patient of his, a *Dutch* Gentlewoman, where I propoſed a *Cold Bath*, which ſhe uſed with much benefit. But here by the way, note, That a certain *Phyſician* told her, it would kill her, which after he ſaw the Effects of Cold Bathing, he much blamed himſelf for his forward and raſh *Cenſure*. The Phyſician is ſince Dead, but this Paſſage Dr. *Groenvelt* very well remembers. I have almoſt forgotten her Caſe, but I think it was a Pain in her Back and Sides, with weakneſs of her Limbs.

One Mr. *Carter*, a Woollen-Draper on *Ludgate-Hill*, received great Benefit, and a perfect Cure by the Cold Bath; but what his Caſe was, I have forgotten: he lives at the *Golden Key*; any Man may inform himſelf; I think it was a Rheumatiſm.

Mr. *Truby* at the *King's Arms* at *Fleetbridge*, now in *Bath*, told me, That one Mr. *Harriſon*, a Gentleman in his Neighbourhood, is this preſent Summer perfectly recovered of a ſevere *Rheumatiſm* by the Cold Bath; and a Man in years, at leaſt Sixty.

I could give almoſt a hundred Inſtances of *Rheumatiſms*; but one the moſt ſevere that ever I ſaw, in a young *Woman*, Daughter to the Inn-keeper at the *White Horſe* in

in *Fleet-ſtreet*, perfectly cured by the *Cold Bath*; where any that would be farther ſatisfied, may inquire. I think her Mother told me, ſhe had laboured under it (at certain Seaſons) ſome years; ſhe was aged about fourteen or fifteen.

The *Itch*, that ſeemed almoſt *Leprous*, with maturated *Boils* on the whole Body, eſpecially on the *Hands*, which ſwell'd the *Fingers* to ſuch a degree, together with the ſoarneſs of the Chops in the folding of the Hands, I have known cured in four or five Immerſions, ſo that the *Bladders* that ſeem'd maturated and full of *Pus*, have ſhrunk and ſubſided, and peel'd off without any *Phyſick*, but only moderating his Diet, and forbearing Strong *Drink*, and uſing *Exerciſe*, &c. Now, in ſuch Caſes, how often have I known the poor Patient brought to the *Phyſick-Rack*, viz. *Bleedings*, *Vomitings*, *Purgings*, *Diet-drinks*, *Oyntments*, &c. together with the whole *Inquiſition* of *Warwick-Lane*, *Mugwell-ſtreet*, and *Apothecary's Hall*; and all to as much purpoſe, as he that rod Poſt with a hang'd Man behind him, to read an Anatomical Lecture to the Mayor of *Queenborough*.

A *Gentleman* of good Account, though a modeſt Man, bluſhingly gave me this Relation in reference to *himſelf*, who for ſome time paſt had great trouble in his *Urinary-paſſages*,

paſſages, and Pain at the Root of his *Yard*, and about the Region of the *Bladder*, inſomuch that he had reaſon to ſuſpect ſome *Ulçer* or *Excoriation in Collo Veſicæ* by the *Slime* and *Sordes* that came away in his Urine; he alſo had a *Lachrymæ Veneris*, or old Gleet, which at that time was very ſevere upon him, together with weakneſs of *Erection*, &c. who was cured by a ſtrict perſeverance in this following Method, *viz.* He firſt gently purged two or three times with *Caſſia* and *Tamarinds*, Syrup of *Violets* and *Peach-Flowers*; inſtead of Poſſet-drink on his purging-days drank plentifully of *Whey* clarified with ſome opening and cooling Plants; and at other times drank *Lime-water*, in which was ſteep'd a little of the Shavings of *Saſſafras* and *Liquoriſh*, and took two or three times in a Day, three or four ſmall *Pills*, made of Juice of *Liquoriſh*, *Sperma Ceti*, Species *Diatragacanthi frigidi*, or *Pulvis Haly*, &c. and uſed *Cold Immerſion* for 16 or 18 Days, Night and Morning, but eſpecially at Night after a light Dinner, and no Supper, except a little *Flummery* after Bathing, with a little Sugar and Juice of *Orange*, juſt to make it of a pleaſant ſweet tart Taſte, a *dulco-acidum*; and from thence paſſed into a reſtringent Milk-diet, by boiling Acorn-*Cups*, *Biſtort*,

ſtort, and *Tormentil-roots*, in Spring-water, and then mixing Milk and a little Oat-meal, made a ſort of Milk-pottage, on which he only liv'd for a Seaſon; he avoided the ſight of all Women, but ſuch as had *Antivenereal-Faces*, for *Age* and *Uglineſs*; as alſo all manner of *Wine* and *Strong Drinks*, and Fleſh-meat, *&c.* and by this, and by ſuch like means, he was perfectly recovered to his Priſtine Health. I have known many times that violent ſtrong Purgings with *Aloes*, *Scammony*, *Reſin* of *Jalap*, &c. together with the too much uſe of Terebinthinate Medicines, have heated and done much miſchief to the inflam'd and tender *Nervous* Parts, and often cauſed Swellings of the *Teſticles*, together with unapt or untimely *Injections*. Mr. *Fuller*, an Eminent Apothecary in the *Strand*, told me of his own knowledge in many Caſes; as alſo did the late Dr. *Hobbs*; and I have obſerved divers times in my own Practice and Experience, that ſuch *Tumors* and *Venereal Swellings*, have render'd Men infertile, and incapable (ever afer) of begetting Children. Not that this does always hold true in every *Monger*, for ſome ſtrong young *Mongers* of good Conſtitutions, have bruſh'd through ſuch misfortunes, and have after it begotten Children, but with a great Diminution to the

the Venereal Pleaſures and Delights as before; the *Organs* ſubſervient to thoſe Exerciſes, having been *ſhak'd* and *batter'd* in their unclean *Combats*, &c. but in moſt Men it has totally deſtroy'd *Prolification*, *a Curſe half tanti to Caſtration*: ſo that I have often pitied poor innocent young new-married *Gentlewomen*, who have ſweat and ſtew'd themſelves in *Hot Baths*, Seaſon after Seaſon. Theſe unhappy Women, *I ſay*, thinking that the Deficiency lay on their ſide, were willing to undertake any Toil and Trouble in hopes of a great *Belly*, &c. when alas! the fault was in the *vile* and *wicked* whore-maſterly *Huſband*, broke and bankrupt in his *Bed-Tackle*; and this is the reaſon of ſo many miſerable and unhappy Marriages, for *Venus rara, cum re anguſtâ domi, &c.* makes Women ramble in queſt of thoſe Satisfactions which both *Art* and *Nature* in a warm *Conſtitution* inceſſantly prompts them unto; and the *Husband* quietly to acquieſce under the Brow-Antlers of a diſplay'd *Forehead*, or to pocket his misfortune, being conſcious that his Wife's *Extravagancies* are the iſſues of his own *Inſufficiencies*, &c. procured by his own *Follies*, &c. ſo that *Fathers* cannot be too careful in matching their *Daughters* to Men of untainted Reputation and Honeſty, and alſo of promiſing Ability; but

becauſe

becauſe of the many *Cheats* that have been even in the faireſt *Bulks* of Men, and the difficulty in diſcovering the *Scars* and *Cicatrices* of ſecret *Sins*, which Men with the greateſt Artifice cover and conceal.

But where *Love* and *Ability* on both ſides concenter in *Virtue* and *Fidelity*, their *Minds* are made *one*, and 'tis a Marriage of *Souls* as well as *Bodies*, and ſuch a bleſſed State is the Suburbs of *Heaven*, even in this *Life*.

And he that ſhould dare to *Marry* under any *Venereal* Circumſtances, or *Pox* his *Wife* after he is married unto *her*, ſhould have a Brand of *Infamy* upon his *Name* for ever. For what ſays the *Wiſe man*, Prov. 6. and 33.

A Wound *and* Diſhonour *ſhall he get, and his* Reproach *ſhall not be wiped away.*

Her end is bitter as Death, *and as* Sharp *as a two-edged* Sword.

And thou mourn at laſt when thy Fleſh *and thy* Body *are conſumed, and a* Dart *ſtruck thro' his* Liver.

Her Feet go down to Death, *her Steps take hold of* Hell.

For ſhe hath caſt down many wounded, *yea, many ſtrong* Men *have been* Slain *by* her; *her Houſe is the way to* Hell, *to the Chambers of* Death, *&c.*

And the profane *Orators* and *Poets*, as well as *Sacred*, are all full of *Whip-Cord* and *Laſhes* at this *Sin*. I might here inlarge, but that the *Groans* and *Miſeries* of ſuch *Shoals* of periſhing *Wretches* abandon'd by their *Friends*, expoſed to *Ditches*, *Dunghills*, and at the beſt to *Hoſpitals*, are rotting Inſtances of *Venereal Venom*, and moſt deplorable Commentators on this ſad *Text*, viz. *Their* Strength *is given to ſtrange* Women, *and their* Years *unto the* Cruel.

So here I ſhall ceaſe this unſavory Subject, and conclude with a few Lines dehortatory from Whoredom and its fatal Conſequences.

View yonder Shoar! whence Venus *came at firſt,*
See! all the wretched Whore-wrack'd Sons of Luſt,
Where blaſted Strength lies in its Manhood curſt.
View yonder Bay, that many a load encloſes
Of Pumice't Shin-bones, and the Shells of Noſes;
And in yon Hoſpital there does ſurvive
The remnant half, of half that rot alive,
With Bubo's, Blanes, cavernous running Holes,
T'would Clap the Devil, for to fetch their Souls.

24*th:*

24*th.* 1702.

Dear Doctor,

THough you have had ſeveral *Experiences* of the good effect the *Cold Bath* has produced in curing many ſad *Diſtempers*, that no ordinary remedies could remove, I am ſure you will take kindly from me two *Inſtances* very curious, that I muſt give you to increaſe the high opinion you have of it, and 'tis on two *Eminent Men* of our own Profeſſion; one is Dr. *Cyprianus*, that for two or three Years was grown ſo infirm, and apt to *Fevers*, that Winter and Summer he was forced to wrap himſelf up in *Flannel*, and *Leatherdoom*, and upon the leaſt cold or windy weather fell into violent *Fevers* and *Defluxions*. We gave a fair trial of the beſt Remedies, that by Sir *Thomas Millington*'s Advice, joyned to *mine*, and to ſeveral other *Doctors*, his Friends, we could think of, without any ſucceſs. Two Years together he went to the *Bath*, and drank thoſe *Waters* regularly, Bathed in all the *Three Baths*, but ſtill found no benefit, rather worſe. With much ado he was perſwaded to try what the *Cold Bath* could do in his Caſe, and in *twice* or *thrice* going in, even in the midſt of *Winter* was ſo relieved, that he has already been in

it above a *hundred times*, and now is ſo *well* and ſo *hardy*, that nothing can *hurt him*; he has left all his *Flannels*, and in fine, is well to Admiration.

He perſwaded *Signior Cayonny*, an Eminent *Italian*-Merchant, in the ſame Condition, to follow his Example, which he has done, and with the ſame ſucceſs. My *Father-in-law*, Dr. *Amyott*, troubled with ſuch *Coughs* and Defluxions, that I never durſt Shave his *Head*, was perſwaded by *me*, and by Dr. *Cyprianus*, to Shave it, and Bath it with *Cold Water*, and found ſuch good by it, that he went into the *Cold Bath*, and now is free, and has not been ſo well theſe *ten Years*. Another Inſtance I muſt add of Major *Sutton*, my Lord *Lexington*'s Couſin, Major in Colonel *Webb's* Regiment, that had been ſeized with ſo violent a *Rheumatiſm*, that he not only loſt the uſe of his *Limbs*, but was in ſuch violent *Pains*, that finding no Relief by all the Remedies he uſed, he was carried and thrown in the *Cold Bath*, deſiring, as he told me, to be *drowned* in it, if he had no *Relief*; but in three *times* going in, he could *Walk* and come out without *help*, and in ten times went *abroad*, and I met him at Dinner at my Lord *Lexington*'s, where he gave me this full Account, and he ſhall Confirm it to *you*, when you pleaſe; ſo ſhall the

the two others; and many more, when we meet in Town, where I intend to conſult you with him, in order to try it my *ſelf* for my *Diſtemper*. As I write you this in haſte, yet you may make what uſe of it you ſhall think fit. I muſt beg your Pardon, if 'tis not, perhaps, as exact as I could wiſh; but when we meet, we will Correct the *Faults*; and I wiſh you all Happineſs, and abundance of good Patients. I am, my dear Doctor,

Your moſt humble Servant,

and faithful Friend,

Th. Colladon.

Joſephus tells us a Story of one *Banus* that liv'd in a Deſart, and cloath'd himſelf with Barks and Leaves of Trees, and fed on nothing but what the Earth ſpontaneouſly brought forth; and that he uſed to waſh himſelf oftentimes in cold Water to keep himſelf Chaſt, and that *Joſephus* himſelf imitated this old *Banus* for 3 Years.

He alſo tells you, that the *Eſſeans*, a Chaſt and Temperate Sect of the *Jews*, accuſtomed themſelves to waſh in cold Water very often, and never went to Stool, but preſently waſh'd, or when they touch'd any unclean Thing.

He alſo tells you that Sailing to *Rome*, he was Ship-wrack'd in the *Adriatick*-Sea, and 600 of them were forced to ſwim all Night; but he and fourſcore more out-ſwimming the reſt, were, by God's Providence, at break of Day, taken up and ſaved, by a *Cyrenian* Ship. So that we may ſuppoſe, that in former times Men were all Swimmers, or moſt, at leaſt, when 600 in one Ship could Swim; and among the *Romans*, 'twas a Term of Reproach and Scorn, to tell a Man, he could neither Read nor Swim.

Dining at a Noble-man's Table at *Bath*, in *Sept.* 1702. with Mr. *William Pen*, and diſcourſing with him, and ſome other Gentlemen, concerning Cold Baths, he was pleaſed

pleaſed to ſend me this following Relation of the Practice of Cold Immerſion in *Penſilvania*, &c. and of a moſt remarkable Inſtance of it, in which he was an Eye-Witneſs.

Mr. Pen's *Letter to Dr.* Baynard.

AS I find the *Indians* upon the Continent more incident to *Fevers* than any other Diſtempers, ſo they rarely fail to Cure themſelves by great *Sweating*, and immediately plunging themſelves into *Cold Water*, which, they ſay, is the only way not to catch *Cold*.

I once ſaw an Inſtance of it, with divers more in Company. For being upon a Diſcovery of the back part of the Country, I called upon an *Indian* of Note, whoſe Name was *Tenoughan*, the *Captain General* of the Clans of *Indians* of thoſe Parts. I found him ill of a *Fever*, his Head and Limbs much affected with Pain, and at the ſame time his *Wife* preparing a *Bagnio* for him: The *Bagnio* reſembled a large Oven, into which he crept, by a Door on the one ſide, while ſhe put ſeveral *red hod Stones* in at a ſmall Door on the other ſide thereof, and then faſtned the

Doors as closely from the Air as she could. Now while he was Sweating in this Bagnio, his *Wife* (for they disdain no Service) was, with an *Ax*, cutting her Husband a passage into the *River*, (being the Winter of 83 the great Frost, and the *Ice* very thick) in order to the Immersing himself, after he should come out of his *Bath*. In less than half an Hour, he was in so great a *Sweat*, that when he came out, he was as *wet*, as if he had come out of a *River*, and the *Reak* or *Steam* of his Body so thick, that it was hard to discern any bodies Face that stood near him. In this condition, *stark naked* (his Breech-Clout only excepted) he ran to the *River*, which was about twenty Paces, and *duck'd* himself twice or thrice therein, and so return'd (passing only through his *Bagnio* to mitigate the immediate stroak of the *Cold*) to his own House, perhaps 20 Paces further, and wrapping himself in his woolen Mantle, lay down at his length near a long (but gentle) *Fire* in the middle of his *Wigwam*, or House, turning himself several times, till he was dry, and then he rose, and fell to getting us our Dinner, seeming to be as easie, and well in *Health*, as at any other time.

This Tradition was in great measure, however, the loss of one of the bravest of

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the Nations of *Indians* (remembred by *Capt. Smith*, in his Hiſtory of the Settlement of *Virginia*) called the *Saſquenahs*. For having, after the coming of the *Europeans* among them, learned to drink *ſtrong Liquors*, and eat freely of Swines Fleſh (moſtly without *Salt*) it brought the *Small Pox* among them; they took the ſame Method to cure themſelves of it when they were come out, which ſtruck to their Heart, and prov'd more mortal than the Plague, few eſcaping the Diſeaſe, by reaſon of that improper Practice; tho' one would think that before they came out, it might have moderated their Venom, and Impreſſion.

I am alſo well aſſur'd that they waſh their Young Infants in cold Streams as ſoon as Born, in all Seaſons of the Year.

W. P.

The Caſe of a young Gentleman, from the Injuries of Tabaco and ſtrong Drink, recover'd by drinking of Water, &c.

ABout ſix Years ſince, being ſent for to a young Gentleman, who, from a vivid and florid State of Health, became Pale and Wan, and had ſtrange cold Sweats; had

had a Tremour, and much diſpirited, as if he lived under fear and dread of ſome impending Evil to him; his Stomach quite loſt and gone, and had a great Loathing when he ſaw Victuals, *&c.* I enquir'd into the Cauſe of this ſudden change in his Health, and found it proceeded from his much ſmoaking Tabacco, which made him always giddy, and ready to Vomit, alſo to Spit and Flux abominably: all this he endur'd, reſolving to be Maſter of the Black Art, until it brought him to the brink of the Grave. I told him the danger of proceeding in it, ſince it was ſo inimical to his Conſtitution; and advis'd him to forbear ſtrong Drink, and to drink a little Spring Water Night and Morning, and eat a raw Apple or two, and take the Air in a Coach, or on Horſe-back; all which he punctually obſerv'd, and was as well in a Month, as ever he was in his Life. *Franciſcus de la Boe Sylvius*, under whom I was a Student near 40 Years ſince, was ſo much a hater of Tabaco, that he would not come into a Houſe where it was ſmoak'd; and what the Learned *Kerckringius* ſays of it in his *Spicilegium Anatomicum, Obſerv.* xc. Page 172. I here Tranſcribe.

Nimius

Nimius Tabaci usus noxius.

INvaluit, heu! nimium illud in Europa Cacoethes, sugendi fumum herbæ Tabaci, ut vocant, per tubos ad id solummodo confectos. Quanta inde morum perversitas, ii viderint, quibus illud datum est negotii, vel Politici, vel Theologi. Quantùm sanitati suæ noceant, quibus hic mos est, ut toties Vulcano, vel Charonti potiùs sacrificent, etiam non explicabo: sufficerit oculis subjicere hominem, quem in Medicorum corona secui: is supra modum hisce fumosis deliciis addictus, vix ullum obibat negotium, quin sibi, ut patuit, fatalem succum hauriret. Ubi enim crebris quasi pulsata ictibus, natura fatiscere, atque in morbum collabi cæpit; ille nigricantem materiam per anticum, per posticum, per utrumque gutturem tamdiu ejicere, donec fuscam simul evomeret animam, quam Plutonia visentem regna comitari non lubet: suspicor enim nigros illos & vaporum Stygiorum globis fumigantes lacus potiùs ex consuetudine, quàm lucida cœlorum sydera adamasse, utpote fumis semper pastam & innutritam; hospitium certè, quod illa reliquerat, visitavi & peragravi, fultus cultro anatomico. Quid viderim, quæris? domum mihi intrari visus sum verè Plutoniam: ecce tibi in foribus atra-

to colore tincta, & quaſi venenato ſucco imbuta intumuerat lingua. Quid trachea? camino ſimilis, nigrâ fuligine undique obducta. Pulmones aridi, exſucci, & penè friabiles: hepar, tanquam ſi præ ceteris traxiſſet incendium, totum erat inflammatum; à cujus flammis ne bilis quidem in cyſtide ſua immunis erat: colorem enim contraxerat ex purpureo vireſcentem. Ad inteſtina verò, ut ſunt corporis ſaburra, confluxerant totius aduſtionis carbones; plena etenim erant nigricante materiâ, quæ non mitiorem ipſo Averno ſpirabat odorem. Ecce frequentis hujus ſuctionis medicos fructus.

The Caſe of Mr. Michael Warwick.

IN *February*, 1700. I caught a moſt violent fall, the contuſion hap'ned on the Hip, near the lower *Vertebræ* of the Back, but by the immediate uſe of inward Medicines, the application of Cere-Cloths, and as the warm Weather approached, the Pains, *&c.* went off for the Summer following.

The *November* after, I caught a moſt violent Cold by Sleeping againſt a good Fire in a wet Cloak, which ſettled upon the Part before affected, and likewiſe extended it ſelf in Cramp-like Pains upon the Muſcles

on

on that ſide from my Neck, down to my Ankle.

I went to the Bagnio and was Sweated, and Cupp'd ſeveral times, but to no purpoſe.

I uſed all outward means (as were adviſed) proper in ſuch Caſes, and took *Terebinthian*, *Stomachick* and *Chalybeat* Medicines inwardly, but all to no purpoſe.

I let Blood often, and Purged with *Rheubarb*, *Agarick*, *Senna*, &c. but with the like Succeſs; only theſe laſt Medicines, I thought, deſtroyed my Appetite, and rendred me Hypochondriack.

I obſerved my Blood at all times after ſeparation, to have on it ſtill a tough, viſcous Matter, like that of your Rheumatick Perſons.

Sometime after I found my Pains not ſo Cramp-like as before, but more diſperſed, and like your Rheumatick Pains; eſpecially I found in my Loins e'ery Morning, a weak and wearifom Pain, together with a ſoreneſs upon the Part, as if I had been beaten: but no Swelling, Inflammation, or other outward Symptom appeared; nor was there, as I perceived, any *Febris Rheumatica* attended my Pains.

The continuance of the Pains and Violence of them, occaſioned ſuch a contraction

ction of the Muſcles of the ſide affected, that it almoſt brought me to go double. The Thigh and Leg of that ſide were greatly emaciated, and for want of due circulation of the Spirits and Nutritive Juices, ſeemed (a-Nights) as if they were dead Fleſh, only ſometimes a violent cold Sweat wou'd appear.

Hearing talk of the Cold Bath, and finding ſome Encouragement from a Book that I bought of Sir *John Floyer*'s treating of the ſame; in *November* laſt was 12 Months, I applyed my ſelf to Dr. *Cole* for his Advice, who preſcribed me *Cinnabar* of *Antimony*, &c. for a Week, and afterwards to Bath, continuing the Medicine, *&c.* which I did two or three times a Week, for ſeveral Weeks; but found little benefit at the preſent, other than it brought my Appetite again, and rendred me far leſs apt to take Cold, tho' I had left off Flannels, *&c.*

Sometime after, I found my Pains to decline, and at laſt quite vaniſh, and the contraction of the Muſcles looſed, and I have continued well ever ſince; only now and then againſt change of Weather, or when the Wind is Northward, I meet a little minging of Pains, but no contraction. I alſo have let Blood two or three times ſince, and

and find it florid, and as good as of thoſe in a true ſtate of Health.

I look'd upon my Diſtemper to be complicated of a Hypochondriack Rheumatiſm, the Sciatica, and the effects of the aforeſaid Contuſion by the Fall, and muſt ingenuouſly attribute the Cure thereof, (next under God) to the uſe of the Cold Bath, as aforeſaid,

Michael Warwick.

London January the 11th, 1703.

Michael Warwick Surveyor of the River under the Honourable the Commiſſioners of Exciſe.

And here not only Cold Bathing externally, but inwardly alſo, (I mean drinking of Cold Water moderately) is of the greateſt Uſe and Moment to humane Life, if the Water be good, and well choſen, ſuch as will eaſily lather with Soap, and is light, clear and ſmooth to the Taſte, ſuch as generally are Marle or Chalk-Waters; and of this ſort of Water I have obſerv'd Horſes, Cows and other Cattle moſt delight to Drink, nay they rather chuſe to Drink Pond, Ditch, or any Puddle, Thick, Diſturb'd and Turbid Water, than the cleareſt

eſt Springs, from Clay, Gravel, *&c.* there being in ſuch Waters ſome harſh and diſagreeable Particles, either to their Palats or Digeſtions. And here I well remember that one Mr. *Clarke*, an Ingenious Gentleman of *Eſſex*, told me, that removing a Horſe of his from a Paſture where was a ſweet, ſoft, Chalk Spring, (it being a dry Summer) he obſerv'd that his Horſe look'd very thin, and would not Drink of the other Water in ſome Days, inſomuch that he thought his Horſe was Sick; but trying him at the other Chalk Water, he drank until ready to burſt: And this I have obſerv'd ſeveral times, in all ſorts of Cattle, at all Seaſons of the Year, they beſt knowing what Waters are Noxious, what friendly to their Natures. But to be more ſatisfied in this, read an Ingenious ſmall Tract, call'd *Scelera Aquarum*, Written by Dr. *J. H.* a Man of Learning, and clear Thought, where he ſhews the miſchiefs of *Well-Water*, which generally (if not of Chalk) are impregnated with morbifick Salts, which abound in the Strata of the Earth, and are of moſt dangerous Conſequences to thoſe that often drink of them, either pure *per ſe*, or made into Beer, Ale, Coffee, Tea, *&c.* alſo read the Learned and Ingenious Dr. *Curteis*, in his Eſſay on the preſervation of Health, *page* 52. *&c.*

Warm

Warm Water has been eſteemed as a great Secret to prevent bilious Colicks, and to further both the firſt and ſecond Digeſtions, if a Glaſs be taken at the cloſe of our Meals, and no Wine or Strong Drinks taken after it. And here the Learned *Georgius Baglivius* in his *Prax. Med. Lib.* 1. *Pag.* 82. holds it a Secret againſt the Stone, but then drank before Dinner: his Words are theſe, *viz.*

Calculus & Podagra plures interficiunt divites quam pauperes, plures ſapientes quam fatuos. Tho', with his lieve, I have known a great many Blockheads have been plagued with both Gout and Stone, as well as Wiſe Men; for a Wiſe Man is known by's Actions, and not by his Words: for he is not Wiſe, that wiſely ſays, but he is Wiſe, that wiſely does; and what greater ſign of a Blockhead, than for a Man to perſevere in Whoredom and Drunkenneſs, until a riveted Diſeaſe entails his Folly (like his Coat Armour) on his Blood, and conveys the Poyſon to his unborn Poſterity? as if every Man would ſet up for an *Adam*, and make an Original Sin of his own, that the legitimate Off-ſpring may be more known by the Diſeaſes and Vices of his Family than by their Faces, *&c. Vinum, Venus, Otium & Crapula ſunt primi Parentes Calculorum ac Podagræ.*

Aquæ potus, lactis usus, sobrietas & exercitium eisdem medentur.

Women and Wine, with Idleness alone,
Are the first Parents of the Gout and Stone.
But Exercise, to Milk and Water join,
You'll save at once, your Mony, Health and Time.
Women and Wine, and Gaming if you shun,
Do what you will, you cannot be undone;
Happy's the Man that sees this whilst he's Young.

—— *Exinde prodiit secretum illud eximium Zecchii relatum in suis Consult. nempe haustus Aquæ calidæ ad* ℔j. *circiter statim ante Prandium factus. Piso & Alexander multis ante Zecchium annis, hoc idem aquæ calidæ remedium comprobarunt, dicentes quod post primum excretum calculum, nunquam imposterum alios genitos fuisse viderint usum hunc aquæ calidæ multo tempore continuantibus.*

And he reinforces his Argument again, and tells you plainly,

Omnia remedia Podagricis præscripta inutilia propemodum erunt, nisi Vinum, Venus, Otium & Crapula temperantius usurpentur.

He

He tells you that the eating of Musk-Melons, and drinking the Water diſtill'd from their Pulp and Seeds, is good againſt both Gout and Stone; but with this Caveat again:

Dummodo Vinum, Venus, Otium, & Crapula prudentius adhibeantur.

But our Learned Author, *Baglivi*, being an *Italian*, ſhews both the warmth of his Climate, as well as his good Nature, when ſo Gentleman-like, he gives his Patients a little Liberty by forſaking Wine and Women by degrees,

Niſi Temperantius *ac* prudentius *uſurpentur.*

which puts me in mind of an old Drunkard's advice to his Son, to leave that and other Vices *gradatim*, and not at a jerk, as if the Soul would catch Cold by the loſs of a Vice or two, as the Body does, by leaving off a Coat, or Jerkin.

Observations upon some late Cures done by Cold Bathing.

A Man that Dr. *Cole* and I saw the last Spring, come to the Cold Bath; his Case was a contraction of his Limbs with a Scorbutick Rheumatism, and accompany'd with a general decay and weakness of his whole Body. The first time he came in a Coach, but the second time he was led by his Wife, and the help of a Staff, or Crutch, and I heard afterwards, that by a few more Immersions, he was recovered.

But a most remarkable Cure done by the Cold Bath, was, on one *Trubshaw*, a young Lad of about 12 or 13 Years of Age, who had not only a great Weakness on the Muscles of his Neck, but a distortion of one of the vertebræ, insomuch, that his Head if not supported, would fall toward his Shoulder on either side. He had the Opinion of several Eminent Chirurgeons on this Case, who besides many applications, as Emplasters, *&c.* contriv'd an Engine of Steel, like the Lath of a Cross-bow, to run in a Swivel, and fastned by an Iron Stalk to the back of a Chair, whilst a soft Velvet Muffler took him under the Chin (as you have seen in some Neck Swings) it was so con-

contriv'd by the help of the Swivel, as to turn on any ſide, and yet keep his Head upright, as he ſat in the Chair, which he would ſometimes do for ſome Hours. But all that was done to him, was ineffectual: His Unkle pitying the condition of this hopeful young Lad (that had ſome Subſtance left him by his Father) conſulted me in the Caſe, and put the Queſtion himſelf, whether the Cold Bath would do him any Service? Which Queſtion I anſwer'd but coldly, and doubtingly; but it was at laſt agreed to try it, and the Youth being very willing to do any thing for a Cure, went in boldly, a Servant keeping his Head ſteddy betwixt his Hands, and ſo brought him (as I remember) to his Chair, where he ſat for ſome time, or lay upon the Bed firſt, I have almoſt forgot: but in ſhort, the Youth in ſome little time got a perfect Cure. This is two or three Years ſince, and his Unkle tells me, he continues very well.

Mr. *Paul Derande*, an Eminent Merchant in this City of *London*, had been long troubled with a moſt ſevere Colick, which had ſo enervated and reduc'd him to Skin and Bone; his Pains were ſo extreamly pungent, that he had no eaſe but when ſet upon his Head, which his Servant did often

in a Day, by the help of an Engine contriv'd and made for that purpoſe. This Gentleman was ſent from his Country Houſe in *Kent*, to his Houſe in *London*, by the Learned Dr. *Fuller*, Author of that Ingenious Piece, *Pharmacop. Extemporanea*, to conſult me about the Cold Bath in his Caſe; and really I was (when I ſaw him in that deſperate weak Condition, his Stomach gone, Appetite decay'd, could hardly go or ſtand a high-lone (as we ſay) affrighted at the Propoſal, but ſeeing his great Courage and Reſolution to try it, I conſented and went with him. The firſt Immerſion he bore to a Wonder, but Mrs. *Baynes*, as well as my ſelf, thought that he would never come out alive. But to ſee what Opinion and Reſolution will do; he ſo follow'd his Cold Bathing, that in a very little time, he could walk from his Houſe in *Budg-Row*, near *Walbrook*, to the Cold Bath betimes in a Morning, which is a Mile and a half, if not more. His Stomach return'd, and his Fleſh came on, and his colour in his Cheeks, and by the drinking of the *Hot Bath*-Waters inwardly, and uſing the Cold Bath outwardly, he is become as well and hale as any Man. And as near as I can remember, this was the ſum of his great Cure; for I heard him ſay, when

I ask'd him, how, under ſuch weak and infirm Circumſtances, he durſt leap into Spring Water, ſo intenſly cold? he anſwer'd, Doctor, 'tis impoſſible for you or any Man living, to conceive, the extremity of Pain I was in, and inexpreſſible Miſery I endur'd, inſomuch, that could I have been ſure of *eaſe* after it, I wou'd have leap'd into as much *Fire* as there was *Water*; and I ſpeak this from a Senſe of the extream torture I daily labour'd under. I have often pity'd this Gentleman's Caſe, for he is not only a Man of an unſpotted Life and Converſation, but of curious and refin'd Parts, *&c.* and I think in ſome particulars, this comes the neareſt to Mr. *Sam. Crew*'s Caſe of any that I have met with. And here a Demi-brain'd *Doctor* of more *Note* than *Nous*, ask'd in the amaz'd *Agony* of his half *Underſtanding*, how 'twas poſſible that an external Application ſhould affect the Bowels, and Cure the Pains within? Why, Doctor, quoth an old Woman ſtanding by, by the ſame Reaſon, that being Wet-ſhod or catching Cold, from without, ſhould give you the Gripes and Pain within.

Man is a ſort of a muſical Inſtrument, and the Strings of Life and Death are tun'd or diſorder'd upon more Keys than a Welſh

Harp, or a *Scotch* Bagpipe, eſpecially when an ill Fidler plays upon his own Carkaſs.

The *Hemiplegia*, which of all ſorts of Palſies, is the moſt ſtubborn and hardeſt to yield to Cure, yet I have known ſome cured of it by the Hot Baths, and others by the Cold, and ſome again where neither Hot nor Cold Baths would avail, or ſignifie any thing, as alſo all manner of Medicines, both inward and outward, have prov'd ineffectual, yet, by length of Time, and a regular Dyet, ſome have ſo far recovered, as to be able to hobble about, or walk feebly, but ſeldom attain to their Priſtine Vigour and Strength: but I have often obſerv'd, that thoſe who have uſed feweſt hot Medicines, and have ſtrived and ſtruggled with the Diſtemper moſt, have recover'd ſooneſt: but eſpecially upon the firſt ſtroak of this half Palſie, the uſe of hot Medicines are of moſt pernicious Conſequence. After a Vomit and Bleeding, I have ſeen the Cold Bath do great things often uſed, but then not to ſtay in half a Minute, juſt immerge, and ſo out again; yet I know a Gentlewoman of good Quality, and ſecond to none for Endowments of * Mind, had the misfortune to be ill treated in this Diſtemper in *Jamaica*, where ſhe then liv'd; but coming to *England*, and Land-

* *Mr. Joſiah Heathcot's* Lady.

Landing at *Briſtol*, ſhe fell under my Care at the *Bath*. She was ſo very Weak, and her Caſe ſeem'd ſo deplorable and complicated with Fits, partly Hyſterick, partly Epileptick, and of a wonderful thin and ſpare Habit, *&c.* inſomuch, that I had little, very little hope of her recovery. She made an Eſſay in the moſt mild and temperate part of the Queens Bath, the ſlip of that Bath coming to the back Door of the Houſe where ſhe then Lodg'd. But alas! ſhe was not able to endure, hardly, the tryal of it, the leaſt Heat did ſo diſorder her. From thence ſhe remov'd by ſmall Journeys to *London*, where, being miſled by the perſuaſion of ſome Friends, miſtaken in the Man, ſhe, to conſult among other's *Æſculapian* Eminence, that Cardinal Cock-Robin of the Phyſick Conclave, the vain and empty Nothing of a great Name, under the careleſsneſs of whoſe Care, ſhe for ſome time continued; but with ſuch ſucceſs, as was ſuitable to the inſuitability of his *Giddy* and *Fortuitous* Preſcriptions, as foreign to her Caſe as the Preſcriber to a Phyſician.

At my retnrn to *London*, ſhe ſent for me; but ſeeing her Caſe deplorable, I propos'd for her own, and Friends Satisfaction, the aſſiſtance of another Phyſician: and the Learned Dr. *Cole* was the Man pitch'd upon.

on. We at first, after all the neceſſary Internals, tryed artificial tepid Baths; but finding ſmall benefit by them, we plainly told her and her Relations, that if any thing would do her good, it muſt be the Cold Baths. (A ſhocking Propoſal to ſo tender and weak a Woman, and but lately come from the Torrid Zone, from between the Tropicks.) She readily conſented to the Experiment, and try'd it, with a Reſolution and Courage not uſual in her Sex; and by her Perſeverance, and a Bleſſing attending the means, ſhe is recovered beyond all expectation. One thing is very remarkable in her Bathing, which is, ſhe finding her ſelf not well, with Pain in her Head, Back, *&c.* and not knowing the Cauſe, continued her Bathing as uſual, but it prov'd the *Small Pox* forming upon her; yet ſhe eſcap'd, and came through it very well, and little or no impreſſion left on her Face where they had been, *&c.* and the laſt time I ſaw this Lady, ſhe told me ſhe had been in the Cold Bath more than a 150 times

Note, That this Gentlewoman had two moſt ſevere Convulſions, at, or preſently after, her firſt going into the Cold Bath; yet it no ways daunted her Reſolution, but ſhe proceeded, tho' many times with Jerks

and

and Twitches, which at laſt vaniſh'd and went off.

And ſhe alſo told me, that her Quondam Doctor being told of her Recovery, reply'd, that he could not believe it. And another Stupid, Self-will'd Member of the Phyſick-Craft, told me, that he would ſooner believe Witch-Craft and Spectrums, than that the Cold Bath could Cure any thing in any Body; nay, quoth he, tho' I ſhould ſee it, I won't believe it.

And this puts me in mind of a Phyſician, who, in conſultation about Cold Bathing, told the Patient, it would kill him; and that for his part, he had rather be hang'd than try it. Quoth his Patient (who was a Sea Captain) I ſee Doctor you are for *ſicca mors*, you like a dry Death, better than a wet one; But Dr. continu'd he, were you on Ship-board, and there condemn'd to die, I believe you'd be duck'd at the Yard Arm ten times, rather than be hang'd once: Why ſhould wetting a Man's Skin kill him? for beſides Baptiſm by Immerſion, we ſee Children, even in the Month, are waſh'd and cleans'd with Cold Water in all Seaſons of the Year, and yet theſe Children are not kill'd. I doubt, Doctor, your Nurſe was a Slut, ſhe let you lie in your Sh-t---n Clouts. You are a plump Man,

Dr.

Dr. I ſee now, quoth he, what ſort of Batton 'tis, has made you ſo Fat. At which, the Dr. grew Angry, and flung out of the Room.

The next Caſe is that of Mrs. *Margaret Bray*, of *Barrington* near *Burford*, in *Oxfordſhire*, who, for many Years, uſed Crutches, under which ſhe could ſtand, but I think hardly go, or but very feebly (if ſhe could at all); ſhe uſed the Cold Bath two or three times, but was diſſwaded from it two or three Years, to the beſt of my remembrance; and after the fruitleſs Tryal of ſeveral Methods and Phyſicians, was by Mr. *Bernard* (chief Chirurgeon to her Majeſty, the preſent Queen *Anne*) advis'd to try the Cold Bath afreſh, which ſhe did, and with that happy Succeſs, as to get a perfect Cure. She came to ſee Mr. *Bernard* without any help of Staff, Crutch, or any one to lead her, and ſo continued for ſome Years, more than two or three, as I remember; but (*Hinc illæ lachrymæ*) ſhe one Day had been hard Riding in the Heat of the Weather, which then was exceſſive Hot, and ſhe over-heated by that violent Exerciſe, unadviſedly, with that heat upon her, went into the Cold Bath, which threw her into Gripes and Colick Pains, but how ſhe was order'd in them, I can't tell, but the poor

poor young Lady dy'd. So here not the means, but the intempeſtive uſe of it, is only culpable for that misfortune.

If the *Cold Bath* was the Cauſe, (which no Man upon Earth can demonſtrate,) moſt probably her Caſe was the Iliack Paſſion, as I am inform'd, which might be forming upon her from ſome other Cauſe, before ſhe enter'd the Bath; and an Inflammation of that Gut often ſphacelates, which is always Mortal where it happens. We ſee it Cur'd Mr. *Derande* of Colick Pains, and the Lady that had in her Bathing the *Small Pox* forming on her. I hope no Body will be ſo fooliſh, as to think, that the *Cold Bath* was the Cauſe of the *Small Pox*. I ſaw a Young Man fall into an Epileptick Fit, (ſuppos'd frighted) by ſeeing another leap into a *Cold Bath*. 'Tis paſt doubt, had the Youth gone in at that time himſelf, all would have thought that the Bath was the cauſe of his Fit, *&c.* as in many ſuch caſes. Yet I no ways approve of going in with the leaſt Heat above the ſtandard of the Blood.

'Tis true, that the *Indians* in *America*, and in many other Parts of the World, as in *Muſcovy*, &c. uſe to leap into extream cold Water out of their hot Stoves, *&c.* as may be

be ſeen a remarkable Caſe in Mr. *Pen*'s Letter to me. But we muſt Philoſophize upon that Point a little: for one is a heat procur'd by Art, as Fire, which attacks the Body from without inward, the Body ſitting in a ſtill, ſedate and quiet Poſture, the fiery Particles firſt heating the Skin, and cutaneous Glands, and the Fluids contain'd in the ſmall and capillary Channels of the Veins, Arteries, Lympheducts, *&c.* next the habit of the Body, as the muſcular Fleſh, with the Oily Parts, as Fat, *&c.* when all theſe are thoroughly heated above the Standard of the Blood, by long ſeſſion in a Stove or Bath, *&c.* the Pulſe begins to put on, and mend its pace, ſlower or quicker, according to the degrees of heat preſſing on, or obſiding the Body, the Sweat begins to run more or leſs, as the Body is proclive from its Texture and Frame, or as it is more or leſs Oily, Obeſe, Lean or Dry. And altho' the Pulſe is perceptibly enough felt to riſe, yet the Lungs are at quiet, and reſpiration unconcern'd in the hurry: But when the motion is made from within outward, Reſpiration and Pulſation ſtart fair, and are acuated together; for running 20 Yards ſhall more affect and accelerate the Pulſe in half a Minute, than ſitting in the hot-

hotteſt Bath two Hours; for in the action of Motion, the Spirits and Fluids more intimate, and in the greater Channels are firſt heated, and the Habit and Oily Parts laſt. So that leaping into Cold Water, from a Hot Bath or Stove, cannot make ſuch a check and alteration upon the Body, as when the Body is heated by Motion and Exerciſe; for firſt the Heat and Cold made from without inward, drive both one and the ſame way, tho' they are contrary Qualities; but the Heat raiſed from within outward, meeting with the Cold driving againſt it, ſuch a ſudden Claſh of contraries muſt turn the driven Fluids on the driving Spirits, and cauſe a great diſturbance and diſorder in the whole Regulation and Oeconomy.

I have had ſeveral Accounts of Peoples being much reliev'd, and ſome perfectly Cur'd, by the uſe of Cold Immerſion in Aſthma's, and other difficulties of Breathings; eſpecially if the Infirmity is taken in the beginning, and not confirm'd by time. Yet an old Gentleman of near 60 Years, lately told me, that having had a Convulſive Aſthma for at leaſt 7 Years, he was ſo Cured at three times Bathing, that he had not the leaſt Fit in three Months after; and believes, that had he liv'd temperate, and con-

continu'd bathing ſometimes, it would not have return'd.

Apples and pomaceous Juices, are the greateſt Pectorals, by the Teſtimony of Experience; and Sir *John Floyer* himſelf has found the greateſt benefit in his moſt ſevere Aſthma by the conſtant uſe of Apple Water, which is his *Potus Ordinarius*, as well at Meals as otherwiſe. And this puts me in mind of a certain Gentleman that Din'd at Dr. *Cole*'s Houſe with my Lord *Fairfax*, and my ſelf, about three Years ſince, who told us that he ſaw, in *Holland*, a Gentlewoman and her three Sons, who came thither, from ſomewhere near *Pomerania*, to Claim an Eſtate due to them, as next Heirs, by the Death of ſome Relation, *&c.* and that both Mother and Sons were ſo very Old, that between them, they made Four Hundred and Thirty Seven Years; for what any one was ſhort of a Hundred, the others were above a Hundred, which made up that compleat Number of Years; and that they look'd all freſh, ſaving the Old Woman, who was Pale and very Thin, and that ſhe lean'd on the Shoulder of one of her Sons when ſhe walk'd. That the Sons were very healthful, and had all of them long, grey Beards, as alſo their Heads were very grey, but not Bald. And I remember that *Hippocrates* ſays ſomewhere,

where, that to be Grey betimes and not Bald, is ſign of a long Life, *&c.* But what I mention theſe People moſtly for, is this, That being by this Gentleman interrogated as to their way of living in Eſculents and Potulents, he found that their Drink was chiefly Apple-Water, or Crabs bruiſed and ſteeped in Water, or pure Water, or Whey, *&c.* and their Meat plain, ſimple Country Food, and but little Fleſh. He told me, that he forgot to ask them as to their Employment, Exerciſe, Reſt and Labour, *&c.* which would have been very neceſſary to have been known. And here ſince we are upon Apples, my Learned Friend Dr. *Savory* of *Marlborough*, told me of a Horſe Diſeas'd and broken-Winded, (as they call it) was turn'd into an Orchard of one Madam *Caloway*, near *Marlborough*; and this Horſe by eating the Apples that fell from the Trees, and all thoſe he could reach, in ſome little time was obſerved to mend, and grew better and better, ſo that he became again ſerviceable and fit for uſe. And meeting with this Gentlewoman's Son, a Surgeon in *London*, he confirm'd to me the ſame Story; which is the more remarkable, becauſe the Caſe is new, at leaſtwiſe not obſerv'd as ever I hear'd of. That Apples are a wonderful Pectoral *Expertus*

loquor, for Apples and Milk, *&c.* ſav'd my Life twice in a moſt deplorable and confirm'd Phthiſis; and I remember that that Learned Gentleman, Sir *John Hodgkins*, ſometimes Preſident of the Royal Society, and Maſter in Chancery, lately deceas'd, told me, that he knew a Conſumptive Gentlewoman worn to a Skeleton, perfectly cur'd by the ſole uſe of Apples and Apple-Water. And of this kind many Inſtances might be brought; but two or three Examples are enough to confirm the thing, *&c.* But to our buſineſs of Cold Bathing.

A Phyſician of good Learning and Reputation told me, that he knew a Smith in *Yorkſhire*, who had a Cancer on his right Side, that had eaten the Fleſh to the Ribbs, and as broad as the largeſt Man's Hand, who was perfectly Cured by Bathing in a Mineral Water, and keeping a Cloth wet in the ſame Water always to it.

Amphillis Brown of *Hall-Court*, within three Miles of *Bromyard*, in *Herefordſhire*, by drinking and waſhing in a Cold Spring near *Bridgnorth*, was Cured of a Cancer about two Years ſince. Both wonderful Cures! if true Cancers; which I very much doubt, becauſe I have often heard the moſt Eminent Surgeons affirm, that they never knew a true and confirm'd Cancer ever was Cured.

There

There are many Mineral Waters in the Kingdom that do very great Cures by Waſhing and Drinking; they waſh off, or blunt the points of the Corroſive Salts, which keep the Glands raw, and turn all the ſupply of Chyle, into an eroding Gleet, or fretting Fætid *Pus*.

My Old Friend Mr. *Edward Rigby*, now Member of Parliament for *Preſton* in *Lancaſhire*, has a very Cold Well, Sainted with the Name of *Anne*, in the Days of Foppery and Superſtition, which Well does a great many Cures, both by Waſhing and Drinking. He has ſent me a great many Caſes of Cures, too long here to inſert; but the chief are Sores of all ſorts: but admirable for ſore Eyes, the Worms in Children or grown People, alſo ſwell'd Leggs, Rickets, wandring Pains, as Rheumatiſms, *&c.* to which a great many People reſort with Succeſs.

There are a great many Cold Baths lately Erected in *England*, and next to Mr. *Baynes*'s, is that at *Batheſſen*, near *our famous Hot Baths*. It is a very Cold Water, ſoft and alkalious, for it will lather, which few Cold Springs will do, ſo the wholſomer to Drink. It riſes on the ſide of a ſteep Hill, with a brisk Current, and runs North-Weſt and by North. 'Tis in the Grounds of Dr. *Panton*, and by him built, and made

very convenient for all the uſes of a Cold Bath. From it is a pleaſant Proſpect to the City of *Bath*, and other various and delightful Proſpects of the Country; and beſides theſe advantages, there is another alſo (but not to be ſpoke of) the Doctor keeps for his Friends, a Cup of Humming good Liquor there alſo; but *Mum* for that, and *Mum* in Print is like ſealing a Bond in private, which begins with *Noverint univerſi.*

The Honourable *Charles Stanley*, Eſq; Brother to this preſent Earl of *Derby*, has made a Noble Cold Bath in *Grippy Wood*, near *Ormskerk* in *Lancaſhire.* I am told he has a made it a very compleat Bath, with all the uſual conveniencies. 'Tis but lately Erected: and the firſt Man that went into it for any Infirmity, was a labouring Man, one *Thomas Beck*, whom it Cur'd in a very few Immerſions: but what his Caſe was, I was not inform'd, any farther than Aches and wandering Pains.

What the *Briſtol* and other Cold Baths do, I do not hear; but this I know, that all Cold Baths do the greateſt Cures to thoſe People who have been in our Hot Baths firſt; and why it ſhould prove ſo, the Reaſons to me are very clear.

For

For firſt, a clammy, cold, phlegmy, tenacious Humour fixt, can never be remov'd by the Cold Baths, but ſtiffen'd and made worſe; but when relax'd, and looſen'd by the ſoft diſſolvent Waters of the Hot Baths, the viſcoſity of thoſe tough Humors are melted down, and waſht off by Sweat, and much the ſooner and eaſier when aſſiſted by the Blood and Spirits, brisk'd and invigorated by conſtant drinking theſe *Nitro-Sulphureous* Waters, warm from the Pump.

Then indeed, like Winter's ſucceeding Summer, the Cold Bath may be ſeaſonable (when the morbid Matter is remov'd) to ſtrengthen and confirm the Muſcles, and Tone of the Parts; it braces the Nerves, and relax'd Membranes, and ſo fits their Drum to beat a March to the next Tavern, where they ſit like ſo many *Turks* in their Napkin Turbants, and with Anti chriſtian Diſcourſe over Chriſtian *Wine*, carefully ſpill nothing but their Healths, and ſo God knows marr many a good Cure.

And I have known many Caſes, in which neither Hot nor Cold Baths have touch'd ſingly; yet join'd, that is, ſucceſſively uſed, have perform'd the Cure.

I have known, when the Blood has been heated above its Standard by Drinking Strong Waters, burnt Wine, *&c.* or Swimming, Diving, *&c.* or ſtaying too long on the Hot Springs, that ſuch violences have thrown 'em into Fevers, which was poor Dr. *Conqueſt*'s and poor Dr. *Baden*'s Caſe, who after heating himſelf with Dancing, went into the Hot Bath, and drank Wine, which threw him into an intenſe Fever, who upon his own Head unadviſedly Purg'd, when he ſhould have Bled, which was the cauſe of his Deſtruction.

Which unhappy accident proves the Truth of my Aſſertion, when either Heat or Cold drives contrary ways, tho' the ſame, or contrary qualities: for Heat made from within outwards, going into Heat, preſſing from without inwards, makes a ſtrange hurry and bluſter in the Blood: and in ſuch a Caſe there is but one way to quiet and appeaſe that Quarrel, which I found out by an accident on my ſelf.

In Cold Water alſo there is the like diſorder, if Men go into it Hot from Exerciſe; ſome have had their Limbs taken away, others their Hearing, as a Gentleman on his own Head went from the Hot Bath to the Cold Bath at *Briſtol*, and being hot with Walking, and entering in a Sweat, was at

at the firſt dip, or duck, taken Deaf; but was afterwards reſtor'd, but not without ſome trouble. And here 'tis very pertinent to inſert a Letter of an Ingenious Young Gentleman, a Member of this preſent Parliament, whoſe Caſe is extreamly appoſite to this purpoſe.

Feb. 3*d.* 1705.

To Dr. Edward Baynard.

SIR,

HEaring you were upon making ſome Obſervations on the Cold Baths, and the operation of Heat and Cold on Human Bodies, I cou'd not but acquaint you with ſome Experiment of that kind. The Experience of which, I muſt confeſs, I have unfortunately bought. And the thing is this.

About Eleven Years ago in the Summer time, when Graſs was ready to be Mown, I being a School-Boy, went down to a River, with four or five more, where, after we had been all in the Water, we ran a-

hout the Meadows, all Naked, to dry our ſelves: but the Weather being exceſſive Hot, we ſoon exercis'd our ſelves till the Sweat ran; upon which, I being in a Sweat as well as the reſt, went to the River and leapt in. I no ſooner was in the Water, but my Limbs fail'd me, and there I lay helpleſs, the reſt not daring to come to help, fearing the like Accident, till one being ſomewhat cooler and bolder than the reſt, lifted me out of the Water. Upon this, I was carry'd home, where after having taken ſomething by the direction of a Phyſician, who happen'd then to live in the Houſe with me, next Morning I had the uſe of my Limbs as well as ever: But alas! every thing was in a deep Silence, all Mouths had loſt their Tongues, Bells their Clappers, Birds their Notes, Trees their Whiſtling; in ſhort, e'ery thing mov'd, as it were, by Enchantment; and to conclude, my Senſe of Hearing was ſo firmly lock'd up, that *Ulyſſes* ne'er ſecur'd his Companion's Ears ſo well againſt the *Sirens*, as mine were againſt all Sounds whatſoever. But, I thank God, by degrees my Hearing came to me, and I Hear now very well.

I ſhall add but one thing, and that is, my Head was not under Water, which, perhaps if it had, it might have had other Effects. But this I ſhall leave to your Conſideration, Who am,

Your

Humble Servant,

G. D.

From

From what has been ſaid, there is cauſe enough of Caution, how Men unadviſedly run into Cold Water, after being warm'd by Exerciſe, or ſpontaneous Sweats, without being rais'd or procur'd by Heat; for ſuch Sweats are oftentimes critical: and to make a check upon a Criſis, when Nature is throwing off the morbid Matter, may be of moſt dangerous Conſequence, and with the greateſt care and circumſpection to be avoided. 'Tis true, what Cuſtom may do for early uſage, I can't account for; for 'tis matter of Fact, that in *Holland*, *Flanders*, and thoſe Countries, when their Horſes are all in a foam, by Sweat and Labour, they immediately ruſh 'em into Cold Water, and ſet them up, and yet they get no harm. But Horſes that have not been accuſtom'd to ſuch uſage, muſt receive great damage by it; but let a Horſe be never ſo hot, if you Swim a River on his Back, and Ride him hard after it, he receives no harm, becauſe the motion of the Blood and Spirits being made the ſame way that it was before he took the River, is continu'd from within outwards, from the Center to the Circumference; and the check made by the Cold Water, can be but ſmall, becauſe the Horſe labouring in Swimming, continues the ſame motion, and with as much labour

labour as he did in his Speed in Running, *&c.* but it is the ſtanding after ſuch violent Exerciſe that does the miſchief. So walking a Horſe, or any other Animal ſo heated, until he become cool, no Injury enſues: And I heard an Old *Oliverian* Souldier ſay, That they preſerv'd their Horſe much better than the *Cavalier* Party, by only obſerving ſtrictly the injunction laid on them by their Officers, to walk their Horſes after a hard March, until they were cool, *&c.* And Huntſmen will tell you, it has often been obſerv'd in Foxes, that after a hard Chaſe, they'l walk themſelves cool before they Earth. But the ſilly Hare ſquats in her Heat, and has often been taken dead, and ſtiff, from her Form.

I once in Hunting a fallow Deer in the Month of *July*, and a very hot Day, ſaw a ſprightly Colt about two Years old, follow'd the Dogs over Hedge and Ditch during the Chaſe, and, I think, the Buck ſtood about four Hours before he ſunk, and was ſeis'd by the Dogs. This Colt being very Fat, and all over in a foam, ran into a Pond, drank his fill, and then lay down; the Huntſmen with much ado got him out, but he died in leſs than half an Hour. And here I remember that Colonel *Bampfield* of *Hardington* in *Somerſetſhire*, told me, that

That a Stag, after a very hard Chaſe, took the Water, drank his fill, and ſtood at Bay with the Dogs, but ſoon ſunk. And he did ſolemnly profeſs, to his great amazement, that cutting the Deer's Throat whilſt he was warm, the Blood ſtunk, and was Putrid, as it run from his cut Jugulars, *&c.* He was a Gentleman of Worth and *fide dignus*, and ſince, I have heard ſomething like this confirm'd by others.

How many have been deſtroy'd by drinking cold Liquors, after heated by Action? Contrarily, the Guides at the *Hot Bath* never catch Cold, by drinking cold Liquors, tho' never ſo hot, by Bathing; and what is worth Obſervation. After a large draught of Beer, or Ale, (if hot by Bathing) that the Sweat ſhall immediately burſt forth, and ſtand like ſo many Perles upon their Skins; which old *Stephens*, who was a Guide above 50 Years, has often ſhewn me in the ſlip; and tho' through ſuch profuſe Sweats, they Piſs but little, yet many of them live to great Ages.

I am of the Opinion, that Man is not a drinking (becauſe not a carnivorous) Animal, at leaſt, no more than a Rabbet, or Sheep, forc'd to it when the Graſs is Sun-burnt, Parch'd, and Dry. For if we liv'd, as did the *Antediluvians*, on Fruits, Roots and Herbs,

Herbs, *&c.* thoſe Eſculents had moiſture and ſucculency enough to abate, (or rather to prevent) Thirſt. For under a ſtrict Temperance, where Men Sweat but little, and uſe no Salted Meats, they are ſeldom or never Thirſty. And I knew a Man that told me he had not drank in a Month; but then his Food was Apples, Melons, *&c.* And the leſs Men Drink, nay and Eat too, the better Health they enjoy, and are briſker and more lively than the *Sot* and *Glutton*, and live twice or thrice their Ages; for their Organs are leſs uſed, and conſequently leſs worn. They breed leſs Spirits, leſs Blood, the Veins and Arteries are not ſo fill'd and crowded, the Circulations not ſo ſwift and frequent, the Bowels not ſo thin, and the Mucus not waſh'd off; which is not only a Lining and Defence to the Stomach and Bowels, but to the Veins and Arteries alſo, to keep their Coats from wearing in too quick and frequent Circulations, which in unneceſſary and thirſtleſs Epotations, eſpecially of ſtrong and ſpirituous Liquors, that unthinking Animal, the Drunkard, puts the fatigu'd Troops of his own Houſhold *(Sots Hall)* too often upon; till they ravage and lay waſte that Carkaſs, in a few Months, which might have ſerv'd an Honeſt and ſober Soul to have liv'd comfortably in a hundred

dred Years: Who, when he is forſaken of his Health, Mony, Time, Friends and God, too late cries out, in the bitterneſs of his Soul: Oh! that I had been Wiſe, *&c.*

But, *ad Rem.* I am of the Opinion, that Spring Water, cover'd, in a Houſe, is much colder in the Night than in the Day, conſiderably Colder I mean, than the abſence of Light can be ſuppos'd to make it: eſpecially three Days before, and after, the new and full Moon, as the Spring Tides riſe and fall, they give a ſtrange frigidity to the Air, about that time, eſpecially when the Wind is at any Northern Point. This I have tryed by my Hand, but not yet with a Thermometer. That Cold is a Poſitive, and not a Privation. *Sebaſtianus Wirdig*, in his Tract *de Medicina Spirituum*, tho' Paradoxical enough, yet in ſome of his Notions he may be right. He ſays, that the Moon is as truly the cauſe of Cold, as the Sun is of Heat; and he calls it a Cold Fire, and that it burns from its intenſe Frigidity, *&c.* and that the Lunar Rays were the true and ſtrict cauſe of Cold. His Words are

Ut Calor is ignis Solis ſeu Solaris qui calidus eſt, & a Sole tanquam a fonte ad nos radiat, ex oppoſito frigus erit Ignis frigidus, ex Luna ad nos demiſſus.

——*Fri-*

—— *Frigus autem eſſe Spiritum Lunarem monſtrabo* 1 *per Mechanicam. Radii Lunares collecti per Lentem ſeu Speculum concavum frigidi ſunt & igne ſuo frigido Spiritus verrucarum vegetantes enecant.* And mighty fond he is of this Notion, that Cold is a Fire, and that the Eaſterly Blaſts, as the *Eteſiæ*, burn the Leaves and tender Twiggs; which blighted Leaves, *&c.* if rub'd between your Hands, ſmell very ſtrong of a Sulphurous Gas. And that moſt intenſe Cold will extinguiſh a Candle. I ſuppoſe it muſt be by ſheathing the keen Particles of Niter into the Tallow, which Niter is invellop'd in the frozen aqueous Particles of the Air, which thawing by the Flame, it is by them extinguiſh'd, or elſe the Flame reaching and melting the ſmall Volatile frozen Icicles hovering in the condens'd ambient Air, reſolves it into a Fog or Miſt, which damps, ſuffocates and choaks the Flame.

Imperium ſibi arrogat frigus in ignem, ita ut intenſiſſimam Candelam extinguat.

That the *Cold Bath*, the colder it is, the ſwifter the Spirits concentrate and flie from it, is ſeen in Syder and other Spirituous Liquors thoroughly frozen, where all the Phlegm ſhall be condens'd, and the vinous inflammable Spirits crouded

and

and concenter'd in the middle of the Veſſel, *&c.* which Spirit is generally more or leſs, according to the ſtrength of the Liquor. But a Country Gentleman told me, that he in the great Froſt, *January*, 1683. ſaw'd a Hoggs-head of very good Syder ſo frozen, in two, and that he had not above the 55th. or 60th. part of pure Spirit; for ſome was ſpilt in the Operation, and that it lay in a Neſt of an Oval form, *&c.*

I have obſerv'd ſome of the beſt Cures, done by the *Cold Baths*, is from a ſudden Plunge over Head, and ſo immediately go out, and repeat it two or three times in a Day, eſpecially twice in a Morning, an Hour or two between each Immerſion, when the Stomach is empty; for then the Body's not repleated and ſtuff'd with Food, and the Head ſerene and clear, the Spirits have room to ſhoot, retire, and concentrate, which upon going out of the Bath, the preſſure and frigidity being taken off, by their ſpringy and elaſtick Power, force their way and paſſage through the obſtructed Nerves, *&c.* but long ſtaying in, weakens their force, and the benefit of the Immerſion is loſt.

Hence I may inſtance for a Simile, a Bow which drawn ſmoothly to the Arrows Point, and that Moment let flie, it ſoars aloft, and

anſwers

anſwers the intent of the Shooter; but if it be drawn to the Head, and there held five or ſix Minutes, the Fibres of the Bow being weaken'd by ſo long a tenſion, it hardly has ſtrength to eject it from the ſtation of the Archer.

A Gentleman of the *Temple*, a hale ſound Man, of a ſtrong athletick Habit, out of a Humor, and to try his Strength, ſtay'd in the *Cold Bath* of Mr. *Baynes*, at leaſt 15 or 16 Minutes; but it ſo chill'd him, that he had much ado to recover it, and was not well in ſome time.

Another ſtay'd in St. *Mungo*'s ſo long, until the Veins in the extream Parts began to look black, and the Blood ſtagnate, but was, thro' care, recovered; but came not rightly to the free and genuine uſe of his Limbs in ſome Months. So that the beſt Remedies have their *nocumenta*, when ill adminiſtred, over dos'd, or abus'd thro' Folly and Ignorance. So Patients in theſe Courſes ſhould be rul'd by their *Phyſician*, and not jeſt away themſelves out of a Bravado; ſo a Man that can't *Swim*, and han't help, near *an Inch* over the *Noſe*, will as ſoon *drown* him, as if caſt away in the *Bay* of *Biſcay*. But, I hope, a Word to the Wiſe is enough.

The beſt and wholſomeſt thing in Nature may prove noxious, by intempeſtive or immoderate Uſe, according to the old Diſtich.

Balnea, Vina, Venus, corrumpunt corpora noſtra:
Reſtituunt eadem, Balnea, Vina, Venus.

Baths, Wine and Wives, deſtroy, if took too much;
But Healthful all, when, now and then a touch.

So that nothing can be ſo friendly to our *tender Natures*, as the temperate uſe of every thing, eſpecially thoſe which relate to our *Healths*; and 'tis rare to ſee very Old Men, or Women, but in ſome one thing they were always cautelous, and liv'd by a certain Rule, either in Eating, Drinking, Reſt, Exerciſe, *&c.* or not eaſily anger'd or diſturb'd by other turbulent *Paſſions* of the *Mind*; and 'tis ſuch People that uſually bring ſound and healthful *Children* into the World; and on the contrary, the Proud, Haughty, Froward, Ill-Natur'd, that vex and fret at every Trifle, together with their high ſavoury *Sauces*, Wine and ſtrong Drink at every Meal, Supping in a Morning, and Di-

Dining at Supper Time, bring a brood of miſerable ſmall *King's-Evilly*, *Scabby*, *Ricketty* Infants. And now I ſpeak of the *Rickets*, I know nothing in Nature ſo *Specifick* and preſent a Cure as Cold Immerſion: and therefore, I believe, this Diſtemper was not known in the time of *Hippocrates*; where he ſays, Cold is naught for the Bones, Brain, Teeth, Nerves and Spinal Marrow, *&c.* where chiefly the ſeat of the Rickets lies. His Words are τὸ ψυχρὸν πολέμιον ὀστέοισιν, ὀδοῦσι, νεύροις, ἐγκεφάλῳ, νοτιάῳ, μυελῷ. And concludes the end of the Aphoriſm, τὸ δὲ θερμὸν ὀφέλιμον, by which he means *Heat*, or *Warmth*, are of uſe, and comfortable to theſe Parts, to which he ſuppoſes, that Cold is injurious. As to *Cold*, I conceed and agree with him, *quatenus Cold*; but cold Immerſion only acts as cold upon the *Surface*, and outward *Skin*, and by cloſing the *Pores*, &c. ſtops the perſpiring *effluvia*, and turns thoſe heated and warm Steams on the Blood again, which muſt invigorate the Blood and Spirits by the addition of that *Heat*, which is loſt by a continued *perſpiration*, the Body being incarcerated in Water, and all the *avenues* ſtopp'd up, even *reſpiration* for that Moment of *ſubmerſion*; which, I think, is the only meaſure of *Time*, (Children at leaſt)

and *Weak* People, ought to ſtay in the *Cold Bath*, and let the Immerſion be the oftner repeated; by which means they would be ſecur'd from thoſe *accidents* and *hazards*, which a longer ſtay might bring upon them. And this ſeems to be the Sentiment of the Learned *Sennertus*, l. 4. c. 7. *de Baln. Frigida vero aqua Partes quidem, quas attingit, refrigerat, ex accidenti tamen, Poris concluſis, atq; intro repulſo & coacto calore, calefacit. Unde ſi ex diſſipatione calor nativus periclitatur, frigida tempeſtive exhibita eum recolligendi & conſervandi non parvam vim habet, totumq; Corpus, & imprimis carnoſam Muſculorum ſubſtantiam firmat.*

As to the *Rickets*, it was a Diſtemper in *England* almoſt worn out, but now it begins to come in *Play* again. But in the time of King *Charles* I. it was almoſt *epidemical*, few Families eſcaping it; eſpecially thoſe that were Rich and Opulent, and put their Children out to Nurſe; where, thro' unnatural *Uſage*, and vitious diſagreeable *Milk*, the Infant was ſoon ſpoil'd by contracting from the drunken *Nurſe*, *Cacochymious* Juices; hence with the growing *Infant* grew up, the *Boot* faſhion for the Men, and long *Coats* for the Women; for they were ſo aſham'd at their crooked *Leggs*, that they wore *Boots* to hide them. And this beginning

ning at *Court* (among the *Quality*) the ſtreight Legg'd *Fools* muſt follow the Faſhion, and wear *Boots* too, with great Boot-Hoſe tops of fine Linnen, lac'd, *&c.* and Jingling *Sparrs*, which gave occaſion to the then witty *Spaniſh Ambaſſador* at his return home, to jeſt upon our *Follies*; for being ask'd by his Maſter, the *Spaniſh King*, if *London* were a populous *City*, he anſwer'd, it *was*. Was, reply'd the *King*, why is it not ſo now? no, quoth the *Ambaſſador*, I believe they are gone ere this, for they were all *Booted*, before I came out of *Town*.

Theſe *Nurſes* ſpoil and deſtroy, through neglect and want of (true Mother) *Tenderneſs*, two thirds of the poor Infants committed to their Care. A very pious and good Man, *Miniſter* at this time of a certain Town not far from *London*, on the Banks of the River of *Thames*, told me, with a great deal of Sorrow and Concern, that it was the greateſt trouble he had in the World, to ſee, even in his own *Pariſh*, how many Children were ſacrific'd Yearly to the barbarous Treatment and ill Uſage of their *Nurſes*, what with bad Milk of their own, and feeding the young Infant with mixed Meats and Drinks, as *yeaſty* new *Ale*, or *Stale-Beer*, &c. which makes it *Puke*, or gives it the *Gripes*, from green porraceous

Bile, &c. Then it has the *Worms* forſooth, and muſt be phyſick'd the Nurſes way, by ſome neighbouring drunken old Woman, or favourite *Quack* or *Apothecary*, who vouches for the Nurſes Care, that its time was come, and no more could be done; and this diſmal Alarm is poſted to the *Parents* two Hours after it is dead, to haſt down, the Child being ſuddenly taken very *Ill*, and that uſually when 'tis over-*laid*, or *choak'd* with hard *bandage*, &c. Down comes Madam the *Mother*, furbulo'd, with an erected *Rump* (crying and bellowing) and running about *half Mad*, like a *Cow* ſtung with a *Gad Flie*, and with her *Maid* laden with *Pots*, *Glaſſes*, *Venice-Treacle*, *goody* Kent's *Powder*, *Goat-ſtone*, *Black-Cherry-Water*, &c. And after her, *Eaſie*, her Husband with a Coach and four, with, perhaps, a brace of *Doctors*, or ſome famous *Child*'s Apothecary, *&c.* And thus the *Parents* are kept in the *Dark*, and the *Murther* of their Children ſtifled, when all this might have been avoided, by bringing the Child up by *Hand*, at home, under the Mothers *Eye*, if through Weakneſs, or want of Milk or good *Nipples*, ſhe could not Nurſe it her ſelf. But theſe deficiencies in the Mother, are chiefly owing to her *Parents*, who muſt have Miſs fine, and tight

tight lac'd for a *ſlender* Waſt, or a *Ball* or dancing *Bout*, &c. hence the Nipples are ſqueez'd in, and the whole Breaſt laid flat, when young. Thus the *Glands* are preſs'd and injur'd, and made incapable *fungi officio*, in lactifying and ſweetning the Blood into that delicate *Juice* call'd Milk: and ſometimes worſe accidents attend theſe hard Lacings, as *Cancers*, *Scirrhous* and hard *Tumors* in the Breaſts, *&c.* But Women that are able to Nurſe their Children, and will not, thro' Pride, Laſineſs, or ſomething elſe not to be nam'd, are Monſters and the worſt of *Brutes:* for nothing can be ſo friendly and homogeneous to the *Child*, as the *Mother's Milk*, being of (or very near) the ſame *Subſtance* of which the Child was *made*, and nouriſh'd in the *Womb*. And I am of the Opinion, that without *God's great Mercy*, there are more Women *damn'd* for Child-deſtroying, than *ſaved* by Child-bearing. Do they know what they do, when they fooliſhly, or wickedly deſtroy a *Child?* who knows what this Child might have come to? They may rob Heaven of a *Saint*, the Throne of a *Prince*, the Church of a *Biſhop*, and the Bench of a *Judge*, &c. Great Men and good Men have ſprang from mean *Parents*, and ſmall Beginnings, and yet have been inſtrumental

to ſave a *Kingdom*, Examples that Hiſtory is full of, *&c.* I knew my ſelf as proper a Gentleman as moſt in *England*, was ſaved in the *Birth*, by a deſign to *deſtroy* him. His Mother was ſpent with *hard Labour*, and a skilful Man being ſent for, to *deliver* her, and ſeeing no poſſible means elſe left to ſave *her*, ſtruck his Inſtrument into the *Roof* of the Child's *Mouth*, inſtead of the *Skull*, and ſo brought him into the World; and, I think, he told me his *Mother* was alſo ſav'd. He was a Gentleman of an ancient Family in *Cheſhire*. By this Wound, he had a great Impediment in his *Speech*, but might be very well underſtood, when he took time to expreſs himſelf.

But now to tell you how many *Children* have been deſtroy'd by *Swathing* and *Rowling*, is a *black Scene*. Hence moſt Diſeaſes of the *Cheſt*, and *Lungs*, *Aſthma*'s, ſhort *Breathings*, *Conſumptions*, and all the Coughing *Tribe*. I have open'd, and ſeen open'd, a great many Men and Women in my Life, and I profeſs, near the *half* of what I ſaw, either one *Lobe* or other *ſtuck*, adher'd, and grew to the *Ribbs*, that is, the Pleura; and I principally attribute this misfortune to *Swathing* and *Rowling*: and my Reaſons are theſe. Firſt, it has been obſerv'd, as far as I could learn by enquiry, that the *Indi-*

ans,

ans, and ſeveral other Nations, as the *Highlanders* in *Scotland*, the Native *Iriſh* are proper, fair, ſtreight, becauſe never *rowl'd*. My next Reaſon is, becauſe *Infants*, when ſo very Tender and Young, are little better than a *ſquob Duck*, or Chicken, a meer *Callus* or *Gluten*, and may be *writh'd* and *wrung* by the leaſt miſ-bandage into any inform *Figure* and *Shape*: Hence *crooked Backs*, *backle Hams*, *Baker Knees*, &c. Now when this poor Infant is tight *rowl'd*, and wrap'd in Flannel, nay Flannel upon Flannel, and laid to Bed in *Harneſs*; 'tis impoſſible that the *Cheſt* can expand to its full ſtretch in Inſpiration, ſo conſequently can't grow to its due extent; but the *Lungs* are at liberty (for they can't be *rowl'd*) and ſo grow in bulk, too faſt for the Cheſt in breadth; but the Breaſt not extending equally with the growth of the Lungs, the Lungs grow too big for the hollow of the *Thorax*, and by touching and adhering to the *Pleura*, there ſtick and grow.

Hence 'tis that for the moſt part ſuch Children are *Pot-belly'd*, and have large *Heads*, becauſe the Head and Belly can't be ſo conveniently rowl'd as the *Ribs*, &c. and ſuch Children, if they live, beſides the infirmity in *Breathing*, are uſually *ventricous*, and not

not ſo *agil* and *nimble* as other Children, and are apt to ſlide into white *Swellings* and *Leucophlegmatia's*, &c.

Obſerve a Child when 'tis *looſe* and *unrowl'd*, before the Nurſe puts it to *Bed*, how it plays with its little Hands and Leggs, and is ſo pleas'd; and how ſowr and froward, when 'tis *buckl'd* up for a whole Nights *Pain* and *Torment*. 'Tis a great Shame that greater care is not taken in ſo weighty an Affair, as is the *Birth*, and *Breeding* of that Noble Creature, *MAN*: and conſidering this ſtupid and ſupine negligence, I have often wonder'd that there are ſo many men as there are in the World. For what by Abortions too too oft cauſed by the unſeaſonable, too frequent, and boiſterous, drunken Addreſſes of the Husband to the Wife, when young with Child, and her high Feeding, ſpiced Meats, Soops and Sauces, what with ſtrait Lacings, Dancings, and the like, one full half of the Men begotten are deſtroy'd in the *Shell*, ſquob'd in the *Neſt*, murther'd in *Embryo*, and never ſee *Light*; and half of the other half *overlaid*, *ſtarv'd*, *poyſon'd* by ill Food, and kill'd at *Nurſe*, &c.

Tho' breeding Children by Hand is a ſafe way when under the care of the *Mother*, *Aunt*, or ſome near Relation, yet Womans Milk

is

is much better, and more Natural: but if the Mother be under ſuch circumſtances as not to be able, let her chooſe a *Nurſe* of the ſame Complexion, ſame colour'd *Hair*, *Diſpoſition* and *Temper* of *Mind*, and as near as ſhe can of the ſame *Age* too; for the ſtrong Milk of the *Red* and *Black*, will not agree with the *Fair* and *Brown*, &c. and let the Nurſe uſe her ſelf to Chearfulneſs, and a cooling Dyet, often eating thin Milk-Porrage, and often drinking a Glaſs or two of good Spring-Water, once in a Day at leaſt, eſpecially after eating a full Meal of *Fleſh*, and drinking *Wine*, or any other ſtrong *Drink*, &c. for that will temper and allay the *Acrimony* of the Blood, and dilute and waſh off by *Urine* thoſe *cauſtical* and *acrid Salts*, which often are the cauſe of *Gripes*, and ſometimes *Convulſions*, &c.

If the Nurſe, at any time, drinks any fermented Liquors, let it be a ſmall, well brew'd, clear *Ale*, neither *new* nor *ſowr*; but above all, let her have her due *Reſt*, and go to her Repoſe betimes. Sleep ſoftens and ſweetens the *Juices*; for the ſecretions are better made in the ſtate of *Quietude* and *Reſt*, than in *Action*, *Noiſe* and *Hurry*: This is every Days Experience at the *Bath*, (and in all other Places where 'tis obſerv'd) that the

the *Waters* paſs beſt, either ſitting *ſtill*, or lying in *Bed.*

I have been ſent for often, and ſometimes knock'd out of Bed, to Children juſt dying, in *Fits*, as they call it; and ſometimes have ſeen the *Child* black in the *Face*, *Hands* and *Arms.* I ſtraight caus'd it to be ſtrip'd *naked*, and the Child was well in an Inſtant: And I always found (or very rarely otherwiſe) that it was either tight *Swathing*, *Chin-ſtays*, or other hard Bandage, was the only cauſe of the Fright and Fear.

And if all the *Phyſicians*, *Chirurgeons* and *Apothecaries*, ſhould club their Obſervations on this head, I doubt (beſides what really die for't) two thirds of the People of this *Nation* have been a hundred times *half hang'd*, before they were a Year Old.

How many poor *Infants* have I ſeen brought *ſhackl'd* to the *Font*, half choak'd, to receive the firſt *Seal* of its *Salvation*, with a Face as *black* as my *Hat*, as if it *bluſh'd* for Original *Sin*, and all through the ſuper-fine tight Dreſſings of Madam the *Midwife*, or her principal Maid of Honour, Mrs. *the Nurſe*; nay, ſome have been ſo hard ſwath'd, they have been forc'd to ſlacken the Bandage, even in the *Church.*

Now

Now, when they chriſten'd Children by *Immerſion*, the poor *Infant* was ſecure from that Days Puniſhment; for doubtleſs they carry'd it looſe to the *Font*, in order to the more convenient and ſpeedy *dipping* of it in. I could wiſh all *Mothers*, *Midwifes* and *Nurſes*, &c. to whom theſe *Preſents* ſhall come, that it may be *impreſs'd* on 'em (like the beginning of Bonds) with a *noverint univerſi*, that they may not only be admoniſh'd of this great *Fault*, but that they *amend it* alſo.

One thing I had almoſt forgotten, which is as *material* as any thing ſaid; that I was hardly ever call'd to any Child *convuls'd* in the *Month*, but upon enquiry, I found that thoſe *Fits* (moſtly) proceeded from giving the Child *SACK*, or other *ſpirituous Liquors* analogous to it, or at leaſt diſcovered the *Effect* from the *Cauſe*, when the *Mother* or *Nurſe* chear'd up their Spirits ten times in a *Day*, with a plentiful *Doſe*; but what more wonderful is, that this unnatural uſage ſhould ſo long prevail among *Men* (ſo tender of their *Species*) when every Butcher knows it would kill his Calf, without either Ax or Hatchet; nay, even ſome of our famous *Bottom-wrights*, for want of a right *Bottom*, the *Mid-men* have ſo far conſented to this fatal and pernicious

Pra-

Practice as never to discountenance or forbid it; and without the stop begins there, or quash'd by Physicians, I doubt those great *Errors* will amble on, to the end of the Chapter. And so I shall conclude this Subject with a Relation of a Child almost sweated and smother'd to death, by the over care of its own Parents.

I was sent for to this *Child* (not far from the *Bath*) about three quarters of a Year Old, dying as the Messenger told me. I found it in a great Sweat, hard *tuck'd* in a wooden *Cradle*, and in the heat of Summer, the Month of *July*. I caus'd the Child to be taken out, and brought near the Fire, so stript it *naked*, and put on it a warm clean *Shift*, (the Cloaths taken off the Child both Linnen and Woollen, were so *wet*, you might have *wrung 'em*) and over the Linnen Shift, a loose sort of a Child's Gown. The Child's *Tongue* was very white, it made signs for Drink, I caused three parts *Water*, and one part *Milk*, to be heated a little under Milk-warm; 'tis incredible to tell how much of it that poor Infant drank, and soon fell asleep; in which Sleep, it had a large loose *Stool*, and five Hours after, when it awak'd, it was as well as ever it was in its *Life*. I believe the loose Stool might proceed from the large *quantity* it drank,

drank; and the Mother afterwards told me, that they obſerv'd that the Child made no Water in a great many Hours after it awak'd, and then it was not in any quantity, ſmelt very ſtrong, and high colour'd, as much as they could perceive, by ſtaining the Clouts.

Telling this Caſe to my learned Friend Dr. *Cole*, quoth he, I doubt not but many young Children are *deſtroy'd* by ſuch uſage; and not only Children, but *old Folks* too. I remember, ſaid he, that I was call'd in where another Phyſician had deny'd a Man *Drink* in a moſt intenſe *Fever*, with a *Pleuriſie*, that the *Blood* was ſo *glutinous* and *thick*, that it could not run (for want of *dilution*) tho' the *Vein* was fairly opened. I order'd the Patient to drink as much as he pleas'd; upon which, he bled freely, and preſently began to *mend*, the *heat* vaniſh'd, the *Pleuritick* Pains went off, and the Man recover'd in a Day or two.

I could give a 100 ſuch *Inſtances*, where People of all *Ages* have been loſt, by being deny'd *Drink*; and in the *Small Pox* it has been of fatal conſequence; for it not only hinders the filling of the *Puſtles*, but the fiery alkalous *Salts* are thereby retain'd in the *Blood*, and not waſh'd off by *Urine*, which does not only increaſe *Thirſt*, but is the

the chief cauſe of *Inquietude*, and *Reſtleſneſs*, &c. and an *Apple* or two boil'd in *Milk* and *Water*, and ſtrain'd off, and drank *quite*, or very near *Cold*, is the beſt *Julap* in the World. I could enlarge upon this Head, from my *own*, and other *Phyſicians* Experience, but *verbum ſat*.

By this ſhort digreſſion from my purpoſe, I have eas'd my *Mind* of a debt I ow'd to the defence of helpleſs and tender *Infants*; and I could heartily wiſh, that thoſe of our *Faculty*, who are more converſant among the fair *Sex*, as aſſiſtant to them in their hard *Labours*, &c. that they would caſt an *Eye* a little beyond the delivery of the Woman, to ſee how a ſprawling, mighty NASSAU, or ſome other great and glorious *Captain*, was mannag'd in his Mantle. For what *Atchievements*, what *Revolutions* have been brought about by a brave and gallant Man? How ſoon might a *Bacon*, a *Drake*, a *Rawleigh*, a *Camden*, a MARLBOROUGH, or a *Tillotſon* been *ſtifled* and *over-laid* by a ſluggiſh and drouſie *Nurſe?* 'Tis *God-like* to ſave from the *Grave:* and as no thanks are due for the acts of our Duty, in ſaving a helpleſs and periſhing Infant; ſo for that only, no reward can we expect hereafter, it being a Debt of our own (tho' our Enemies Child) im-

impreſs'd on *human Nature*; and he that ſhall dare to out-dare that implanted heavenly *Temper*, ſtruggles with himſelf, to diveſt himſelf of himſelf, and ſwops the *Man* for a *Devil*, &c.

Of the power of *Cold* Water, in a ſuppreſſion of Urine, caus'd from too long retention, I have many inſtances, ſome few whereof I ſhall here mention.

A Gentleman at a long Tryal at *Bar*, in a Title of *Land*, where his *All* was at ſtake, held his *Water* ſo long, that when the Tryal was over, he went to make Water, but could not, the *Fibres* of the Bladder being ſo much, and ſo long extended, that they could not contract. The Gentleman lay all Night in extream Pain, and yet with a great deſire to Urine, but could not. The next Morning he took ſeveral diuretick *Drops*, as *Spir. Nitri dulcis*, &c. in white Wine, *&c.* but to no purpoſe: I hearing of this by chance, bid his Friend ſtrip him *naked*, and wrap him round the Waiſt and Belly, with a wet *Towel*; which as ſoon as done, he made Water immediately, but was for ſome time afterward, troubl'd with the *Strangury*.

From this over-modeſt Cuſtom of holding too long their *Urine*, I have known ſome fatal conſequences; as happen'd to a worthy young Gentlewoman, riding behind a Groom to her Siſters Labour, another Servant riding on another Horſe to open the Gates, *&c.* ſhe forgetting to do what was convenient for her before ſhe mounted, rode in extream Pain for, at the leaſt, 8 or 9 Miles, her Modeſty not ſuffering her to alight in the preſence of her Servants, but labour'd under that preſſure unto her Journeys end. But alas! the long retention had made ſo great an extenſion of the *Bladder*, being fill'd with too great a quantity of *Urine*, that Nature, without help of Art, could not relieve her, and the Ignorance of the Attendants and People about her, made wrong applications of quite contraries, as the uſe of warm Cloths, *&c.* and fill'd her with Liquors, as Syder, Stale Beer, White-Wine, with Hony diſſolv'd in it, *&c.* which but fill'd the Veſſels, and added to the over-loaded Bladder, too full before, that in two or three Days ſhe began to ſwell in the *Veins* firſt, next in the *Habit* of the Body, which would *pit* upon preſſure with the Finger, as uſual in an *Anaſarca*, *&c.* at laſt ſhe grew Sleepy, and then was leſs ſenſible of Pain, and dyed about

bout the 14th Day. Now had any Body about her been ſo Wiſe, as to have taken ſome Blood from the Arm, and kept her faſting, put her Feet into cold Water, and waſh'd her Arms, Neck and Breaſt with it alſo, 'tis forty to one, but that the Lady might have had the benefit of *emiſſion* thro' a ſtrong univerſal muſcular contraction, which, by the extream frigidity and conſent of Parts, from the ſudden attack of external intenſe Cold, might have given ſuch a general ſhock to the whole, as to have ſaved her Life, eſpecially if ſhe had had the conveniency of a *total* Immerſion. Several have received great benefit by the uſe of Cold Water, both inward and outward, in many Urinous Caſes, but eſpecially in a Suppreſſion, cauſed by long retention, *&c.* But oftentimes a great Suppreſſion proceeds from another Cauſe: As when the Blood is too viſcous and clammy, and does not ſeparate its urinous Serum; and ſometimes by default in the renal Secretions, *&c.* In ſuch a Caſe I have ſeen Acids, both Vegetable and Chymical, drank in convenient Vehicles, have, like Renet to Milk, ſeparated the Serum, ſo as ſecretion has been preſently made in the Kidneys, and the Man has urin'd immediately. Several Examples of this were printed in the *Philoſophical*

Tranſact. Anno 169½. in the beginning of the 19th Volume, *&c.* where Dr. *Cole* and Mr. *Bernard*, in ſuch a Suppreſſion, were concerned with me, in the Caſe of Mr. *Roger Kennion*, then Member of Parliament, who had not made a drop of Water in ſome Days, and no Water in his Bladder, by the proof of the Catheter; but by the uſe of Acids, as Lemmon in Rheniſh Wine and Water, *Spir. Nitri dulcis*, and the like, he was perfectly recovered in a very little Time. What cold Immerſion would do in this ſort of Suppreſſion, I have not try'd, but it ſeems rational, that the Cold driving the Heat inward, the Spirits ſhould quicken the ſluggiſh Secretions, if ſome brisk vinous Spirits were given inwardly, and the Patient well rub'd with a hard Hand in the Bath at the ſame time.

Mr. *Chriſtopher Stocks*, of *Whitchurch* in *Hampſhire*, had, here in *London*, a total ſuppreſſion of Urine. He had ſeveral Phyſicians with him, as well as my ſelf, we tryed all things tryable, but cold Water and Acids, which he would not conſent to. He began to grow drowſie on the 7th Day, and dyed on the 15th. To my beſt remembrance, Mr. *William Cowper* the Surgeon open'd him, and we found no Stone in his Bladder, but one very ſmall as

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a Vetch, or Pea, but his Ureters were ſtuft as full of ſmall Gravel and Sand as they could hold, as alſo the Kidneys. One thing here is worthy of Note, that he told me, that he never took any ſowre, ſharp Meats or Liquors in his Life, and that he was a great lover of new Ale. He was a Man of a ſoft ſedentary Life, towards his latter end, and uſed very little Exerciſe.

The learned Dr. *Cyprianus*, the famous Lithotomiſt, (who has receiv'd ſuch benefit by Cold Bathing, that he has made a moſt convenient Bath in his Houſe) told me, that he has long obſerv'd, thoſe that uſe *Exerciſe*, and eat *Fiſh* and *Milk Meats* often, are ſeldom or never troubled with the *Stone*, &c.

And I remember Mr. *Pennet* of *Putney*, a very honeſt Man, and a good Surgeon, being much troubled with the Infirmities of ſhort Breathing, and much ſtufft in his Lungs, told me, That he very much fear'd that his Diſtemper was owing to his much drinking of *new Ale*. And many have complain'd of Pains in the *Bowels*, from drinking of turbid, thick, *yeaſty*, naſty, new *Ale*; which I look upon to be a very unwholſome, dangerous Liquor: and that yeaſty new Bread, together with *ſtale Fleſh* and *Fiſh*, is the chief cauſe of moſt of the Diſ-

eaſes that the generality of the People labour under here in Town. For a Sir-r---. is a Sir-r-----. whether boil'd or bak'd; for the T----- that you han't in your Drink, you have in your *Bread*; and therefore I like well the Adage, *viz.*

Drink what is *clear*,
And eat what is *new*;
Conceal what you *hear*,
And ſpeak what is *true*.

And until this be remedy'd by the Magiſtrate, and it be made Criminal to vend ſuch thick unwholſome *Liquors*, the People may *drink* on, and *die* on; and a great Shame it is, that ſuch a Church-yard *Article* as this, ſhould ſo long prevail, perhaps unknown, unthought of, or conſider'd, *&c.*

Anno 1670. Several Scorbutick and other unknown Diſeaſes, raging among the Poorer ſort of People, from the inſalubrity of bad Bread, and Malt Drinks, which then began to be in faſhion in the City of *Paris*; It ſo alarm'd the Parliament there, that there was a Conſult of Ten of the moſt learned Phyſicians appointed to enquire into the Cauſe; and they found it to proceed from the uſe of bad, hard, Well-Waters,

ters, and the ſcarcity of well bak'd, wholſome Country *Bread*, called there *Pain de Goneſſe*; and that the City Bakers uſed privately, the Excrements of Malt-Liquors, call'd *Baulingers au petit Pain*, naſty Barm and Yeaſt, inſtead of Eggs, Milk and Leaven, *&c.*

And I once ſaw a Brewer's *Dog*, a young large Maſtiff, had an *Arthritis vaga*, and his Limbs terribly ſwell'd, with lapping new *Ale*, and licking the Yeaſt from their Troughs and Stillings, and afterwards died of the Gout and Dropſie. So curſedly unwholſome are the *fæces* of Malt Liquors, which hitherto has been ſlid over, and not look'd into, and conſider'd.

I have oft conſider'd the Nature of Water, that its conſtituent Parts are ſubtile and fine, beyond Conception, what ſtrange Nouriſhment it gives in mixtures, and how very little drank *per ſe*: as for Example. Mix an Ounce of Oatmeal with a Pint of Milk, and give it to a Pig, *&c.* and mix with ſuch a quantity of Milk and Oatmeal, a quart of Water, and it ſhall nouriſh as much more, as has been often tryed on young Animals. Probably the Oatmeal being clammy, glutinous and thick, can't ſo well paſs the Strainers into the Blood, as by the help of the Water, to dilute, and lead

it along through all the Labyrinths and Mazes of Digeſtions and Circulations; and how little Oatmeal, with Water, will keep a Man alive, and in Health, is hardly credible: but I have forgot the Story told, as to the quantity, but I am ſure a Hen would eat more in a Day, whole in the Grain, and unground, than he did almoſt in two Days; and ſuch Nouriſhment, with Exerciſe, is wholſome, clean, cool and good. According to *Hippocrates*, Sect. iv. Aphor. xlviii. where he commends Oats as an admirable Grain, to be us'd both in Meat and Drink; and the Notes upon that Aphoriſm by *Sponius*, are worth reading. I mention Oats, becauſe I have tried all Grains with Cold Water, in Diſeaſes of the Lungs, and find none like Oatmeal, for *Humectat & Refrigerat.* And I know a certain Diſtemper cur'd by ſuch a Dyet, and Cold Bathing, when the Patient was brought to the brink of the Grave, and nothing elſe would do.

I had another Gentleman under my Care, who had firſt tryed the Hot Baths, which prepar'd him the better for Cold Immerſion. His was a Scorbutick *Palſey*, with wandring Pains, much like the *Arthritis vaga*, but without inflammations, but ſometimes Swellings on the back of his Hands, and

and Feet. Oatmeal and Water brew'd cold, together with a very little Sugar, was, for ſome time, his conſtant Drink; and by the uſe of the Cold Bath, about a Month after he had moderately uſed the Hot, he was perfectly cured.

The Cure of an Ague (by a forc'd Put) on Mr. Edward Boſwell, *late Gunner of Her Majeſty's Ship, the* Sea-Horſe, *and ſince of the* Griffin *Fire-ſhip. In a Letter to me.*

SIR,

'I Being on board the *Elizabeth*, a Mer-
'chant Man, in the Year 93, I had
'got a terrible Ague, which held me a-
'bout five Weeks. We lay at Anchor in
'*Torbay*, and had extream bad Weather,
'inſomuch that I was perpetually Wet,
'during the Storm, the Ship being very
'leaky, and I forc'd to be upon Deck,
'*&c.* It was extream Froſty Weather, and
'ſharp hard gales of Wind, our Ship was
'forc'd on Shoar on the Rocks, beating
'her ſelf to pieces. I was reſolv'd to com-

'mit

'mit my ſelf to the Seas, and the Mercies
'of Almighty God; and being a pretty
'good Swimmer, I leap'd over-board, but
'being weak and feeble, could not reach
'the Shoar; and my ſtrength being gone,
'I reſign'd my ſelf up for another World;
'but being near the Shoar, a Black leap'd
'in, and caught hold of me, and pluck'd
'me out. I was Speechleſs. The People
'got me into a Houſe, and laid me in Bed,
'and the next Day I was as well as ever I
'was in my Life. In a few Days I ſet
'forwards towards *London*, having nothing
'but a thin Waiſt-coat, and Calamanco
'Breeches; ſo I travell'd 80 Miles in the
'Snow, without either Shooes or Stockings.
'But notwithſtanding all theſe ſevere hard-
'ſhips, I never catch'd Cold. There are
'ſeveral Men alive, that were Ship-wreck'd
'with me, that can atteſt this.

'*I am*

Your humble Servant.

Edward Boſwell.

One Mr. *Holding* told me, of his own Knowledge, that before the Fire of *London*, a Citizen long troubl'd with a quartan Ague, and finding no Cure from taking great quantities of unſucceſsful Phyſick, was adviſ'd, by a Friend, to leap into Cold Water, it being in the Month of *December*: he fully reſolving to try it, acquainted only two or three of his Companions, and having got a Boat ready to take him up, about two or three a Clock in the Morning, it being near the time he expected his Fit, down went he to *Queen-Hith*, and ſat on the Rail ready to bounce in, (it being a clear Moon-ſhiny-Night) and all things prepar'd to receive him. In he leap'd, was taken up and put to Bed, where he Sweat plentifully, but never hear'd more of his old ſhivering Companion. I remember, his Dialogue with his Ague, was the talk of the Town.

I have known a great many Agues cur'd by a ſudden plunge into Cold Water; but the Perſon to be ſubmerg'd (for without a duck over Head and Ears, it will not do ſo effectually) ſhould always be told of the deſign, and give their conſent. For I knew a pretty young Woman ſurpriz'd, under the Notion of gathering ſome *Liver-wort*, which grew on the Wall by the Ponds brink,

brink, which was very deep in that Place, and as ſhe was ſtooping, her own Father (I think) took her by the Heels and pop'd her in. 'Tis true, it cur'd her Ague, but made a worſe ſwop; for ſhe was that Moment ſeiz'd with Epileptick *Fits*, from the Fright, which held her many Years after, much to the trouble of her Friends and Relations. And Epilepſies gotten by Frights, are very ſtubborn, and rarely admit of a Cure, or if they do, upon the leaſt Fright or appearance of Danger, they are apt to return.

Young Children take leſs harm than People more adult, becauſe not ſo apprehenſible of Danger.

That a ſudden plunge into Cold Water has cur'd many *Agues* of all ſorts, nothing is more known, becauſe very common; but the reaſon why ſome have miſs'd of a Cure, is as clear. For, either firſt they go into the Bath, and do not wet their *Heads*, which is doing nothing; for if the cold and preſſure be not made equally upon the whole Body, the Spirits cannot be driven equally from the Circumference to the Center, ſo have not Strength enough on their return, to force their way thro' the Paſſages lock'd up and obſtructed, ſuppos'd to be the chief Cauſe and Seat of *Agues*.

Se-

Secondly, ſome go in cram'd and fill'd with Meat and Drink, or not empty, and prepar'd by Faſting or Phyſick; or elſe do not chuſe the propereſt Seaſon for the immerſion; as to go in three or four Hours, either before or after the *Fit*, when alas! the only critical Minute is, as the Enemy is at the Door, juſt upon the approach of the *Fit*, when the Blood and Spirits ſtruggle to enter the Gates, and force the obſtructed and block'd-up *Paſſages*, which confine and hinder the genuine and due Circulations and Secretions, *&c.*

I had a Patient, one *John Williams*, that was a ſtrong Country-man, who had ſo long labour'd under a ſevere *Quartan*, that it had very much reduc'd him to a cachectical ill habit, and his Blood was poor, low, and ſizy. He had been in the Cold Bath many times, but without any benefit. I adviſ'd him to invigorate his Blood with a Glaſs of *Wine*, with ſome Antiſcorbutick *Spirits*, to eat wholſome, freſh *Food*, new kill'd, keep merry Company, and after ſome time to try the Cold Bath upon the acceſſion of the Fit, juſt to ſubmerge, and ſo out, which he punctually did, and receiv'd a perfect *Cure* upon the Eſſay.

And now I have mentioned freſh Food new-kill'd, I'll here relate a ſhort Story I had from

that

that Ingenious Gentleman, Mr. *John Lambert*, Son to the old General *Lambert*, ſo long a Priſoner in *Pendennis* Caſtle, *&c.* This Mr. *Lambert* living at his Eſtate in *Craven* in *Yorkſhire*, one Morning his Man told him he could ſhew him where a Wood-cock was hang'd in a Snare, and that by the ruſling and ſtruggling of the Bird he came to diſcover it. He bid him take another Servant with him, and watch privately who came to relieve it; which accordingly they did, and brought before before his Worſhip (he being in the Commiſſion of Peace) a very *old Man*, of a florid, ſanguine Complexion. He ask'd the old Man where he liv'd? he anſwer'd, five Miles from that Place: He ask'd him, ſince he had broke the Laws, and was taken in the action of deſtroying the *Game*, what he had to ſay for himſelf, that he ſhould not be ſent to *York Goal?* he down on his Knees, and begg'd him to pity his great *Age*; he ask'd him how old he was? he anſwer'd a *hundred* wanting two: he ask'd him how he came to be ſo *hale*, and look ſo well at that Age? he anſwer'd, why, your Worſhip ſees, by catching a *hollow Bit*, and eating it freſh, and if I can, quoth he, I roaſt it or broil it, before it be cold, *&c.* And upon farther talk with him, he found that his Drink was, for the moſt part,

part, ſowre Milk, as Whey, Butter-Milk, or elſe Oatmeal and Water, but very rarely any ſtrong Drink; and that his Bread was made of *Oats*, and that he went thin *Clad*, and generally was wet in his *Feet*, either with the *Dew*, or laying his Springes in *Rills* of Water, and running *Brooks*. And that in the Summer time, he lov'd Fiſhing, and much wading in the Water, *&c.* So the Juſtice, upon his promiſe of amendment, let him go, tho', ſaid Mr. *Lambert*, I believe he catch'd 'em as much to ſell, as to eat; for he had in his Bagg, a Hare, and two or three Wood-cocks more, which I fairly divided with my old Man, for I took half of the Fowl he had, and gave him the reſt. He alſo told me, that he believ'd he ſpoke true, as to his not being us'd to *ſtrong Drink*; for I made my Man give him a Cup of *Ale*, with a little Toaſt in it, which was under a Pint, yet it almoſt fuddled him.

And as touching freſh and ſtale Meats, it is very evident, that Meat new-kill'd has twice the Nouriſhment of ſtale Meats. For Meat hung by, and not ſalted, the volatile Spirits evaporate and fly off, and the Juices grow rancid, and contract a cadaverous ill Taſt. I remember a Poulterer told Capt. *Wicks*, and my ſelf, that he,

in

in the great Froſt in *Anno* 1683. that he ſold Ducks for the Lord Mayors Table in *February*, which were brought to him on the latter end of *November*, or beginning of *December*, the Weather being cold and froſty, which preſerv'd 'em from ſtinking, but not from putrifaction, for they were as rotten and ſoft as a Sir--r——. And a Gentleman and I once eat a couple of very ſtale Teal, that threw us into great diſorder at our Stomachs, and notwithſtanding we took all precaution, as Wine, Brandy, *&c.* yet we were both render'd Feveriſh, with a corrupt taſte in our Mouths, and much out of order for ſome time. And I am thoroughly perſuaded, that the ſtale Fleſh, Fowl and Fiſh, that poor People eat (kept by the Retailers of ſuch Wares, to hold up their Prices too long) is the cauſe of moſt of our Autumnal putred Fevers, which People miſtakenly lay upon the eating of Fruits, *&c.* And my Lord *Bacon* in his Natural Hiſtory, after his ſpeaking of thoſe wicked Merchants that ſold at *Naples* Man's Fleſh barrell'd up for *Tunnis*, *Anno* 1493. that the Pox might be in that Fleſh perhaps; or elſe being eaten might ſo corrupt the Blood as (that with a little mixture of ſome other virulent Diſeaſe) might produce it. And he adds, it was probably ſo, becauſe the

Indians

Indians at this Day, the mortalleſt *Poyſons* that they uſe, have ſome mixture of Man's Fleſh, Blood or Fat; and all Fleſh, when 'tis once tainted and corrupt, is all alike venomous and deſtructive to Human Nature: And we ſee that carnivorous Animals, both Beaſts, Fowl and Fiſhes, chooſe to ſeize and eat their Prey alive, (if they can get it.) 'Tis Hunger only and Neceſſity inforces them to the eating of *Carrion*, and other corrupt and ſtinking Meats, *&c.* So theſe Precautions may be of uſe, to make Men careful of what they Eat and Drink. And ſo again to our Element, Water, *&c.* A Gentleman of very good Reputation aſſur'd me, That a Tenant of his in *Wales*, having been for ſome Years Rheumatick, and Lame, which made him incapable of any Labour; hearing of a very cold Well ſome few Miles from him, was carry'd to it, where he bathed ſome time, and came home as perfectly ſound, and as well as ever he was in his Life.

Mr. *Thomas Newingham*, of *Cork*, in *Ireland*, a Gentleman of great Worth and Reputation, being at the Bath with his Lady for her Health, this laſt Summer, and talking of hot and cold Water Cures, he did aſſure me, that a poor Man in the City of *Cork*, was ſo Lame, and had ſo far

loſt his Limbs. that he crawl'd on his *Hands* and *Knees*, (I think he ſaid for ſome Years). He gave me the particulars in Writing, but I had the misfortune to loſe or miſlay it. That this poor Man was carried to a Well or Spring of exceſſive cold Water, diſtant about ſeven or eight Miles from the City, and in ſome few Weeks came home ſtraight and upright, and perfectly recovered; and is now in that Town, a laborious working Fellow, and capable of doing any buſineſs he is ſet about, or imploy'd in.

A Captain of a Ship told me, that a Friend of his had a running Gout or Rheumatiſm, and was ſo Lame as to go with Crutches, without which help he could not ſtir one ſtep; and coming (or rather being brought) on board his Ship, to drink a Bowl of *Punch*, whilſt they were handing him up the ſide, whether the Rope ſlipt, or the Crutch ſlipt, he could not tell, but down went *Pilgarlick* into the *Sea*, and having Men and Boats ready at hand, they catch'd hold of him ſoon enough to ſave his Life, tho' he was under Water ſeveral times. They clapt Hands or Tackle enough to him, to hoiſt him on Board, and having ſhifted him from his wet Cloaths, and liquor'd him well with Punch, he went home as well as ever he was in his Life. Now *Quæritur*, which did

did the Cure, the Fright or the cold Water? for he could not ſwim a ſtroak. Now I am apt to think that this Cure was perform'd from the Fright only, for the Captain told me, that notwithſtanding he was well ſeaſon'd in Sea-brine, yet he was in another Pickle alſo.

Dining with a Merchant in the City, a young Gentlewoman of *Chiſwick* being there alſo, told us at Table, that the Cold Bath, at once going in, had cured her of a *ſore Throat*, which ſhe had labour'd under (and found very troubleſome for) at leaſt a Year and half, and that it is ſome time ſince, and that ſhe continues very well.

The Cold Bath has been fam'd for curing old and inveterate *Head-achs*; yet Head-achs proceeding from ſeveral Cauſes, it cannot be good for them all: as in this following ſhort Hiſtory, will be evinc'd and made clear.

A Gentlewoman of good Quality, was afflicted with a periodical Head-ach, and ſhe was accuſtomed to bleed. Upon the approach of the *Fit*, ſhe in hopes of a perfect Cure, was perſwaded (as alſo from her own Inclinations) to try the Cold Bath, and choſe a time to go in. In the intervals of the Paroxyſms ſhe purg'd once or twice, as preparatory to it, but did not bleed. The

Immerſion ſhe bore very well, but coming home, ſhe fell into a moſt violent fit of the Head-ach, worſe than ever ſhe had; ſhe ſent for Dr. *Cole*, who very judiciouſly took from her a quantity of Blood, which ſomewhat abated the rage, but ſhe could get no Sleep. He preſcrib'd her a Paregorick which quieted her a little, but ſtill ſhe was much out of order. Sometime after, in a Day or two, he took another quantity of Blood, upon which ſhe was ſomewhat better, but ſtill the Pain kept Poſſeſſion. She at length reſolv'd for the *Hot Baths*, where being arriv'd, Pumping, Bathing and Drinking, reliev'd and cur'd her, and ſhe has continu'd well ever ſince.

Another Gentlewoman's Maid-Servant complain'd of a great Pain in her *Head*, and heavineſs in her *Eyes*; ſhe could bear no hot Application, but was always worſe; but by *waſhing* her Head ſome few times in cold Water, was perfectly cured. So that People ſhould not, of their own Heads, giddily ruſh into either *Hot* or *Cold* Baths, but be adviſ'd by ſome judicious Phyſician, who may conſider the Nature and Cauſes of the Diſtemper, and put them into a right method of proceeding in order, and rationally to preſcribe ſuch known and experienc'd

perienc'd Medicines, from which they reaſonably may expect a Cure.

In *Gouts* of all ſorts, without conſidering what ought to be done previous to a Cure, People run *ſuſque deque*, Hand over Head, and ſometimes headlong to their own Deſtruction; tho' I have known when both Hot and Cold Baths have wonderfully releiv'd in that cruciating Diſtemper, when tempeſtively, cautiouſly, and wiſely preſcrib'd. But of this, my very learned Friend and Collegue the Judicious and Sagacious Dr. *Muſgrave*, of the City of *Exeter*, in his moſt learned Piece *De Arthritide Symptomatica*, has ſaid of that Diſtemper all that can be ſaid, and handl'd that peeviſh and froward *Diſeaſe*, with a Care in proportion to its Tenderneſs, where all the Cauſes are ſo accurately deſcrib'd and accounted for, as to find out the Seat and Source of that *Baffler* of our Profeſſion, the *Gout*.

I always thought the *Gout*, (before it was *fixt*, and became a concrete) to be a *liquamen* of acrid, alkalious, lixivial, eroding *Salts*, generated from Intemperance and high Feeding, *&c.* which is thrown or forc'd by repletion into the Habit and fleſhy Parts, and ſliding down the tender membranous Coats of the Muſcles, there fret, and cauſe great Pains as they paſs; but being

ing come to their Journeys end, at a *Joint*, ſtop there, where thoſe corroſive, tartareous Salts exerciſe their *Tyranny*, until the active volatile ſtruggling Matter is ſpent, and leaves their inert *Calx*, their *caput mortuum* behind, which are thoſe *Chalk*-ſtones which *gouty* People complain of, *&c.* But how *Venery* ſhould be lugg'd in to be a Party concern'd, either in the Cauſe or Quarrel (with my Friend *Baglivi*'s lieve) I can't underſtand; for among the *Turks*, &c. where they are moſtly enervated by Women, they have no ſuch thing as the Gout, *Wine* being by their Law forbidden, *&c.* So lay the load upon the right Horſe, and Saddle old *Bacchus*'s Back, as the chief Author and Contriver of this *Joint-Evil*, and ask *Venus* Pardon for laying a Drunken *Brat* at her Door, which ſhe never deſerv'd for.

And this it is, to be ill nam'd,
When a poor Whore, is (wrongly) blam'd.

A *Gentleman* with a decay'd Stomach, a wan and pale Look, ſtaggering under a load of nothing but Skin and Bone, his Cat-ſtick-leggs not being able to ſupport his Cat-like *Carkaſs*. From a ſtrong young Man,

Man, as he told me, Wine, Women and Watching, had reduc'd him to a meer *Skeleton*, and could not ſwallow the leaſt Suſtenance without Vomiting, and yet a little very ſtrong Wine wou'd ſtay on his Stomach, which he often ſipt and always crav'd and hon'd after. *Facto divortio tum Cerere, eo magis Baccho indulſit*, &c.

He came to me to the Bath, with a Letter from his Phyſician Dr. *Stockham*. I found that he had no *Cough* nor *Hectick* Heat nor Looſneſs, but a general waſte, Atrophy and Decay: He had a great *Tremor*, which he told me was cauſed from Smoaking too much *Tobacco*; and I believe he gueſt right, as to the cauſe of that Infirmity, for it vitiates and deſtroys one of the beſt Juices of the Body, the *Saliva*, without which we could neither Eat, Drink, Concoct, nor Talk, *&c.* I ſpeak as to the immoderate Uſe of it; not but that it may be Medicinal, and is taken with good Succeſs in many Caſes, *&c.* but old Men may take it with leſs Injury than young Men, notwithſtanding they are dryer, for they ſpit leſs, and are not ſo eaſily diſorder'd by the *Fume*, &c.

This young Gentleman's Cure was very eaſie, for by the uſe of the *Bath* Waters, and leaving *Wine* by degrees, he came to his Stomach, his Fleſh came on, his Colour return'd, and in ten Weeks he was as well as ever; but he often told me, that tho' he look'd well, and was well, yet he had not that *Strength* he had before: He was not ſo *agil* and *nimble*, more prone to Sloth and Drowſineſs, beſides a decay in *Virility*, tho' he was a young Man not above 27 or 28 Years of Age. Hence we may obſerve, what a *Shock* and *Stund* Men give their Conſtitutions by early Wantonneſs and Debauch, according to the Poet,

'Tis *Drink* and *Luſt* that does our Health (deſtroy,
And brings the *Man* too ſoon upon the *Boy*.
Repeated Bumpers, and repeated *Pox*,
Two fatal Earthquakes, that our Fabrick (ſhocks;
For, when a Conſtitution's broke and gone,
'Tis rarely ſeen it ever does return.

I found that this young Gentleman had a great deſire to be perfectly well, and recover his former Briskneſs and Strength, that he might be able to hunt and uſe other Field-Pleaſures, to which end he promiſed me

me to live *ad amuſſim*, to any Method I would direct him, which now muſt be altogether Dieteticks and Analepticks. I order'd him from the uſe of the Bath Waters, to drink a Pint every Morning of the *German* Spaw, and faſt till Noon; at Noon to Eat no Fleſh nor Fiſh, but what was new kill'd, and always to riſe with an Appetite, concluding his Dinner with a ſmall Glaſs of Water, and at Night eat nothing but roaſted or bak'd Apples, Apple-Pie, Flummery, or the like, and to continue the Spaw-Water 16 or 20 Days, never exceeding a Pint, and as he left them, to do it by degrees, as from a Pint, to two thirds of a Pint, thence to half that quantity, ſinking and abating the quantity, not every Day, but every three or four Days a little, and take at leaſt 12 or 14 Days or more, to leave them totally off. For I have ſeen ſome fatal conſequences enſue, upon leaving any Courſe, Cuſtom or Method of Living, whether good or bad, ſuddenly at a Jerk; for Nature is ſo kind out of ſelf-preſervation, as to widen or contract, adapt, fit and modifie the Strainers according to the Figure and Quality of the Aliment received, all which cannot be done in a moment. Hence 'tis, that a ſmall quantity of Food taken, to which we are eſtrang'd

and

and diſus'd, ſits, at firſt, very uneaſie on our Stomachs, and conſequently cannot be agreeable to all the reſt of the Digeſtions, Alterations and Percolations thro' which it muſt paſs, before it can be elaborated into a genuine and laudable Nouriſhment. Hence the ſource of moſt Diſeaſes: ſo true is that ſaying, *Ventriculus male affectus eſt origo omnium morborum*, &c. Thus having laid the reaſon of the thing before him, with a full Reſolution he went on, and fell by degrees into the uſe of Milk Meats, and other cooling viands of chyliferous, ſucculent and good Nouriſhment. He uſed Exerciſe of all ſorts, but eſpecially Riding and Swimming, which laſt did ſo invigorate his Conſtitution, that he came, in a Year or two, to a firmer, ſtronger and better habit of Body than ever he had before; all which argue, that he was Born with a good *Stamen*, and had his Being from ſound Parents: and tho' this Gentleman had the good luck to get ſuch a recovery, after being drawn ſo low by repeated Debaucheries, yet it is not to be depended upon, for not one of forty may have the fortune to eſcape as he did. The Gentleman is yet living, and is become a Pious Good Man, and a Member of this preſent Parliament. It is an eaſie matter, by a conſtant and regular

lar perſeverance, in any wholſome *dietetick* Courſe, to rectifie and ſtraighten a *warp'd* and *bent* Conſtitution; but how to mend and reduce a *broken* one, is *hic labor, hoc opus.* How many young *Gentlemen* have I known in my time, that their *Squib* has run to the end of the *Rope*, before they have number'd 30 Years, betwixt the *Cradle* and the *Grave*? &c. and generally their Life, Credit and Eſtate terminate together, which is the beſt end a prudent *Debauchee* can propoſe, to make his Bread and Cheeſe even. But for a Brainleſs, Unthinking Animal to outlive his Subſtance, and become the Jeſt and Contempt (not only of Mankind in general, but even) of thoſe Land *Leviathans* that have ſwallow'd him up alive, his own Whores, Pimps and Bawds, *&c.* This ſo ſticks the tatter'd *Beau* to the *Heart*, if the *Fool* has any, as to get rid of his neceſſity, he flies to the laſt Comfort of a Shirtleſs and Shiftleſs Deſperado, *viz.* a *Bounce*, a *Doſe*, or a *Halter.*

From whence he's thrown into a hole,
Till kind Oblivion forgets th' Fool.

One of theſe unhappy Wretches ſwol'n with the Dropſy *Aſcites*, came to me for my advice. I pitying his Penny-leſs Condition,

dition, gave him a Note to Mr. *Baynes* of the Cold Bath, to let him Bathe *gratis*; but having the conveniency of a Barge or Hoy, he went to the Salt-Water, and by often bathing in the Sea, he was recovered: and I am ſince inform'd by one of his Friends, that he did not only Bath in the Sea, but that he drank the Salt-Water alſo; and telling of this Caſe to Mr. *Alexander Engliſh*, Chirurgeon to a Regiment of Horſe, he told me that he had known ſeveral cur'd by drinking of Salt-Water, even without bathing

Mrs. *Sadler*, a Gentlewoman lately living in St. *John-ſtreet*, *London*, went into the Cold Bath for wandring Rheumatick Pains, which Pains the bathing did not only take off, but cured her of a Deafneſs alſo, that ſhe had had for ſome Years, and ſhe continues very well, it being near two Years ſince ſhe uſed the Bath.

A Gentleman extreamly Fat, was ſo very drouſie, that ſometimes he would fall a-ſleep ſitting at Meat, *&c.*— He had long laboured under that inconveniency, but by drinking Spirit of Sulphur in Spring-Water, and uſing the Cold Bath, he was perfectly cured; but he told me, that upon eating a full Meal, it was apt to return.

My

My learned Friend, Mr. Arch-deacon *P.* laboured under the ſame Diſtemper, but by bathing in the Cold Bath, and the Summer after drinking the Bath-Waters, he was very well recovered: but I had lately a Letter from him, wherein he deſir'd my advice, by way of prevention, for he had ſome previous Symptoms which made him fear a return.

A Divine of my acquaintance, very groſs and fat, yet a very temperate, ſober Man, was cured of ſuch a drouſineſs, by ſtamping Barberries, and drinking the Juice in Spring-water: yea was not only cured of his Veturnity, but it took off much of his ſuperfluous Fat alſo. I believe not only Barberries, but Verjuice, Oranges, Lemons, Sorrel, or any vegetative Acid, where it could be drank in quantity, without bringing upon them the *Ardor ventriculi*, corruptly call'd the Heart-burning, would all, or any of them, do the ſame thing.

A Gentleman, living near *Tiverton* in *Devonſhire*, told me, that he had labour'd under a great Cold for ſome Months, for which he had wrap'd himſelf in Flannel, and other woollen Veſtments, which had ſo weaken'd him by perpetual Sweating, that he had no Stomach to eat, and when he did eat, it would not digeſt; and beſides his ma-

many Cloaths, he wore a quilted Stomacher; but by the advice of a Friend he left them all off at once, and went into cold VVater half a ſcore times, and has been ever ſince very well.

Sir *John Chichley* told me, that he thought he had (when a young Man) a Conſumption, for which his Father ſent him to *Montpelier*; when he came there, the Phyſician whom he conſulted, found that he had no Cough, but that his Diſtemper proceeded from a weakneſs induc'd by the aperture of the Pores, from the wearing too many thick and warm Cloaths. He ſent for his Taylor, who made him a thin ſleſy Coat of Sarſenet, or ſomething as thin: VVith this I rode, quoth he, the cold Hills every Morning, before Sun-riſe, when the Dew was on the Ground, for ſome time; and home I came ſhivering, and half-ſtarv'd. He would not let me come at a Fire, but walk my ſelf warm. This ſevere courſe at firſt, ſeem'd very irkſome to one uſed to all the delicacies and ſoftneſſes of a tender Mother's breeding; but Cuſtom, which makes every thing eaſie and familiar, reconcil'd me to it; and I came home with a keen Appetite, a healthful ſtrong Body, beyond all the expectation of Relations and Friends.

A young Gentleman that is very often at the Hot Baths for his diverſion, and the benefit of drinking the VVaters there, uſed to go very thick Clad. I met him this VVinter walking in a very cold Day, bare-breaſted, with nothing on, but a thin *Holland* Shirt, and one ſingle drugget Coat. I wondred at it, and ask'd him the reaſon of that ſudden change? he told me, that he went into the Cold Bath two or three times with a Friend, out of a Frolick, and that it had ſo hardned him, that he felt very little or no Cold. I could give many Inſtances of Caſes like theſe, but a few Examples may ſuffice.

Mr. *Rouſe* Apothecary, the preſent Maſter of his Company, told me of a Patient of his, a Youth that had loſt the uſe of his Limbs by a ſort of a *Chorea ſancti Viti* (call'd Saint *Vitus*'s Jigg) that after the Advice of ſeveral Phyſicians, and ſeveral Methods, *&c.* was at laſt perfectly recovered by the ſole uſe of the Cold Bath. I think he told me it was a Salter's Son in *Thames-ſtreet, London.*

A VVoman brought a Child about ſeven years of Age, which could ſpeak but very drawlingly through weakneſs of the recurrent Nerves and Muſcles of the Tongue, but could not ſtand unleſs held up by the Arms,

Arms, having no ſtrength in either her Hips, Knees or Ankles; this Child was much injur'd by Oyntments, Oyls, and other ſuch Things, that had ſoften'd and relax'd the Joints; I bid the poor VVoman, who liv'd near Mr. *Champneſs* of *Orchardly* in *Somerſetſhire*, to get of his Servants a little Verjuice, and rub the Childs Limbs with it cold twice a day; which ſhe did, and found ſome Benefit by it, but not much; then I advis'd the Cold Bath, and by the help of that ſhe was perfectly cured in five or ſix weeks time.

Another Child, much about the ſame Age in a Paralyſis, was cured in St. *Mongo*'s VVell by immerging 4 or 5 times in a day for 7 or 8 days ſucceſſively: the Father of the Child gave me this Relation.

'Tis endleſs to recite the great Cures which have been done on People of all Ages and Sexes where the Cauſe has been diſcovered to proceed from Nerval Obſtructions, Relaxations, *&c.* perform'd by Cold Bathing, where 'tis done with Care and Caution: and I have always obſerv'd, that thoſe are cur'd ſooneſt who have not been tamper'd with by Emplaſters, hot Oyls, *&c.* for thoſe Things do great Injury to the ſmall and capillary Nerval Filaments, and of the cutaneous Glands, *&c.*

To

To Dr. Edward Baynard.

SIR,

'THough it is eaſy to collect many In-
'ſtances that prove the uſefulneſs of
'Cold Bathing; yet ſince you apprehend the
'following Caſe of Mrs. *Coningham* to con-
'tain in it ſomething uncommon, I have,
'in compliance with your Requeſt, ſent
'you as particular an Account thereof, as
'after ſo long a diſtance of time I am able to
'recover.

'This Gentlewoman at firſt only com-
'plain'd of a ſickneſs in her Stomach after
'eating; but in a few Months this increaſed
'to that degree, that as ſoon as ever ſhe had
'eaten, ſhe immediately fainted away, was
'in cold Sweats, and loſt the uſe of her
'Limbs: theſe Symptoms uſually continued
'two or three hours, and then gradually
'abated.

'But after three or four Months, though
'her Sickneſs and Faintings went off, yet
'the uſe of her Limbs did not return as at
'firſt: She conſulted ſeveral Phyſicians in
'*Ireland*, who directed her Vomits, Bliſters,
'Steel-courſes and Bitters: But ſhe received
'no Benefit by any of theſe. Upon which

'ſhe was brought to *Bath*, and drank thoſe 'VVaters ſix Months, and Bathed every 'third day; but was no better by either. 'She was brought from *Bath* to *London*, and 'here conſulted Dr. *Cole* and me. VVe per-'ſuaded her to try the Cold Bath. After ſhe 'had continued the uſe of this for two 'Months, her Sickneſs was leſs, and the 'uſe of her Limbs in a great meaſure reſtor'd; 'upon which we ſent her to *Tunbridge*; ſhe 'continued the uſe of thoſe VVaters and 'Cold Bathing for ſix Months, and after-'wards returned ſo well that ſhe could 'walk about the Streets with help of her 'Staff.

I am, Sir,

Your humble Servant,

March 8th, 1705. **F. Upton.**

About

About three Years ſince, a Man aged about 50, a free liver, and by Trade a Wigg-maker, a merry Man, and would jeſt upon his own Infirmities (which was a *Paralyſis* with a *Tremor*) for being ask'd what made his Hands and Arms hang ſo lank? he anſwer'd with Simile's out of his own Trade, I had (quoth he) once a ſtrong and curl'd Conſtitution, till Claret comb'd it out of its Buckle: And being ask'd why he did not live regularly, and take Advice? he anſwer'd, I now grow old, and ti'n't worth while, and will e'en let my Body wear out its own ſelf its own way: An old Wigg, new bak'd, turns but red, and wears the worſe for't, *&c.* And yet this Fellow, by only drinking the Waters hot from the Pump in a Morning, and taking a ſmall Glaſs of Elecampain Wine a little before Dinner, recover'd his Stomach ſtrangely in a little time, and began to find Strength in his Limbs; and had he been rul'd to have uſed the temperate warm Baths firſt, and the cold Bath afterwards, I doubted not but to have recovered him. He went from the *Bath* into his own Country, *Lincolnſhire*, and I heard ſince, that with drinking of Ale, *&c.* he fell into a *Dropſie*, but whether he is dead or not, I can't ſay. I have often obſerv'd, that Wine-drinkers falling

to drinking Malt Liquors, frequently ſlide into Dropſies; and Ale-drinkers removing to Wine, ſoon fall into Jaundice, Stone and Gout, and ſo quickly go off: And the Livers of ſuch People (when open'd) are generally found to be hard, ſodden, diſcolour'd, and Stones for the moſt part in the *veſicula fellis*, and ſometimes in the *parenchymous* Subſtance of the Liver it ſelf, eſpecially if they are ſippers of Brandy and ſpirituous diſtill'd Liquors.

Sometimes we have obſerv'd, that the Liver is perfectly rotten, and will break with touching. In others, 'tis quite burnt up, and friable. In others, their Liver's pretty well in its natural State; but in ſuch, I have obſerv'd, that their Heart is ſoft and white, and not much bigger than a *Turky* Egg; and where that is ſeen, uſually the *Pericardium* is alſo ſhrunk and little, with very little or no Water in it, and ſometime again extreamly large and full of Water, of an ill Taſt and Colour. I very well remember that when I was at *Leyden*, the learned Dr. *Grew*, and Dr. *Johnſton*, of *Warwick*, were there alſo, and that both Dr. *Franciſcus de la Boe Sylvius*, and that moſt accurate Anatomiſt Dr. *Drelincurtius*, by a conſtant, and frequent Practice in Diſſections (for beſides other private Bodies they

open'd

open'd moſt that dy'd in the Hoſpitals:) I ſay, that theſe Men, from many Obſervations in morbid Bodies, could (before the Knife was laid upon the defunct) tell what a foul neſt of Boxes they ſhould find within: And I have heard *Sylvius* frequently ſay upon viewing the Corps, and only looking into the Mouth,

Vino & fumo nimis deditus, vita defunctus.

By *Fumus*, he meant Tabaco, to which he was a mortal Enemy; and I heard him ſay, that conſidering the Slobber and Naſtineſs that great Smoakers make in a Room, (he was of Opinion) that had Tabaco been taken in the primitive Times of Chriſtianity, it wou'd have been reckon'd among the Sins of Uncleanneſs, *&c.*

But here it was objected by a *Fumo-fugus*, that many acts of our Neceſſity may be term'd acts of Uncleanneſs, and yet are not Sinful; as moſt domeſtick Services, as greaſing of Boots, waſhing of Diſhes, *&c.* That's true, quoth *Sylvius*, but no Man greaſes his Boots, or waſhes Diſhes in his Mouth; or if he could, or did, yet he'd throw his Diſh-water into the Sink, and not in his Dining-Room, Parlour, or Hall, *&c.*

'Tis but a foreign Invention at the beſt, a borrow'd Excellency, imitated from a ſtupid *Indian*, who, ignorant of the uſe of Mercury, uſed it as a Salivation for the *Yaws*, a ſort of Leproſie or Pox among 'em. And now another naſty ſnuffing Invention is lately ſet on Foot, which is Snuff-taking, which hangs on their Noſtrils, *&c.* as if it were the Excrements of Maggots tumbl'd from the Head through the Noſe; nay, this Folly is ſo taking among us, ſo ſpreading a Contagion, that even Women and Children now begin to have their Snuff Boxes too, and to ſpeak without ſnuffling is hardly genteel.

I have read ſomewhere, I think 'tis in Sir *John Chardin*'s Travels, that there is a Kingdom in the *Eaſt-Indies* call'd *Botan*, where the Subjects hold their Prince in ſuch eſteem and reverence, that they dry and powder his Excrements, and uſe it as a great Rarity to ſtrew on Meats, or garniſh Diſhes with, as we do ours with grated Bread or Nutmeg, *&c.* And I vow Gentlemen, pray pardon me, I never ſee a Snuff-box in a Man's Hand, but I think of a *Botanian*. The Noſe is of great uſe to the Animal to diſcharge many Excrements both from the Eyes and Head, *&c.* and when that Organ is ſtopt, and the ſenſible nervous

vous thin Lining of it is by the over-uſe of pungent Powders made dull and render'd incapable of irritation, it cannot do its Office by diſcharging thoſe phlegmy cold Excrements neceſſary to be extruded for the Safety, Health and Well-being of the Creature. So true is that Saying of *Solomon*, *God has made Man upright, but he has found out many Inventions*, &c.

And altho' the Alluſion holds true, yet methinks I hear ſome ſupercilious Judgment-ſpender (call'd a *Critick)* ſay, what a Blockhead is this? by *Uncleanneſs* there is meant any mental Pollution, by defiling the inward Man with wanton unclean Thoughts, excurſive from his Baptiſmal Promiſes, *&c.* which commences equally Criminal with the external Act, *&c.* The *Etymology* of which word is neceſſary to be known. *Uncleanneſs* therefore is call'd in the Latin *immunditia*, but according to the nicer Neotericks, *immundities*; in the Greek *Acoſmia*; in the Teutonic or High-Dutch *Greaſy-beard*; in Low-Dutch *Slobber-chops*; in French *Louſineſs*; in Scotch *Scrubado*; and in Welch a *Flannel-Shirt*: Now theſe Difficulties clear'd up, premis'd and known, the Author may proceed, *&c.* Thank you, Mr. Critick, I ſuppoſe you are wiſe with the reſt of your

Brethren, by a Figure call'd *Catacoxcombisis*, *&c.* But to Buſineſs.

One Captain *Cliff* that uſed the *Guinea* Trade, but ſince gone to *India*, I am inform'd by a Friend of his, Mr. *Brown* a Wine-cooper, that he was poyſon'd there, and loſt the uſe of his Limbs, ſo that he could not feed himſelf, yet by the uſe of the hot Baths, and drinking the Waters there for ſome time, was perfectly recovered to his Health.

One Mr. *Lane*, troubled with a Tremor and Geſticulations much like a Chorea, after the uſe of the hot Bath was by the Cold Bath perfectly recovered.

Note, That Dr. *Gould*'s Son-in-Law, mentioned in the laſt Impreſſion of this Book, before he uſed the Cold Bath was ſeveral times in the Hot Baths, which prepar'd him for a Cure; ſo that in many Caſes the uſe of contrary Qualities has perform'd very conſiderable Cures, *&c.* which (perhaps) no one Bath ſingly could have done.

Thomas Moſs a Quaker, who came from *Jamaica*, was ſo infirm by a Rheumatiſm, *Arthritis vaga*, &c. that he was wrapt like an old Man in Flannels, *&c.* but being perſuaded to the uſe of the Cold Bath, threw

off

off all his ſweltering Harneſs, and in three or four times Bathing was cured.

One Mr. *Hadly*, of an ill habit from an irregular Life came to the *Bath* about four years ſince; he complain'd in the right *Hypochondria* and Region of the Liver, and had a great induration there; yet this Man by Drinking, Purging and Bathing, got a perfect Cure: But before he came to the *Bath* he had been in ill Hands, and wrong manag'd with Chalibeats too ſoon adminiſter'd.

I knew a Phyſician that had a ſevere Jaundice, with a *ſcirrhus Hepatis*, who was cur'd by the Bath Waters, and by much eating Sallet-wiſe, the Herb *Taraxicon* only.

This laſt Summer, Madam *Thiſlethwayte*, a Daughter of Mr. *Thiſlethwayte*, of *Winterſloe*, near *Sarum*, *Wilts*, received a great Cure by the Bath Waters join'd with ſome other Aperitives, in as high a Jaundice as ever was ſeen, which had long ſeiz'd her, and ſhe a very lean, emaciated, worn-out, weak Woman. And in this Caſe, and alſo moſt Diſeaſes of the Liver, I think the Bath Waters the beſt ſpecifick in the World, if taken ſeaſonably, with due Preparatives, and Advice, *&c.*

In

In all Sprains and Wrenches of the Joints and Tendons, the preſent application of cold Water, or Verjuice and Water, or Verjuice alone, is the beſt Remedy yet known. A Gentleman of Quality having ſtrain'd his Ankle by a falſe ſtep down Stairs, went lame and ſlip-ſhoo'd for at leaſt a Year and half; he came to the *Bath* and uſed the dry Pump much, and often, but *Re infecta*. He was afterwards cured by keeping his Bed a Month, and the application of cold Verjuice three or four times in a Day, and afterwards a ſtrengthning Plaiſter, *&c.* And Sprains ill manag'd, have been the loſs of many a Man's Legg, and Life too. I have heard many of the Hoſpital Chirurgeons ſay, that they have cut off many a Legg from no other Cauſe but from a Sprain in the beginning, tued, hal'd and wreſted by ignorant Bone-ſetters, pretending it was diſlocated and out of Joint, *&c.*

High Heels uſually are the cauſe of moſt Strains, either in the Ankle, or Knee, *&c.* for no Man treads ſtraight and perpendicular with a Heel, nor can he walk far without wearineſs, eſpecially in the *Knees* and *Muſcles* of the Thighs, from the ill figure the Limb is in upon every Step; ſo that no Man with a high *Heel* can tread ſtrong

ſtrong and boldly, eſpecially with the leaſt weight and burthen on him. Should a Chair-man that uſes Pumps, but one Day wear a *Heel* but an *Inch* high, and work ſo, it would Lame and Cripple him for a Month. For in Man, upon his progreſſion, the Heel comes firſt to *Ground*, but in *Horſes* and moſt Quadrupeds, the *Toe*; and if the Heel be high, he cannot ſtep with the whole Limb ſtraight: For the Knee bending forwards, verges towards making an *Angle*, as may be ſeen by making a ſtraight Line from the *Heel* and *Hip*, &c. and in ſuch an unnatural Poſture, no Man can walk far and long, without Pain and Wearineſs; but we muſt be wiſer (forſooth) than our *Maker*: For infinite Wiſdom that has made all things by a right and unerring Rule, by Weight, Meaſure and Number, ſurely would have ſet a high Heel to Man at firſt, when he made him, if he had thought it to have been neceſſary, *&c.*

And one thing more I add, as a moſt neceſſary Remark, *viz.* That no Man ever ſprain'd his Ankle, and rarely his Knee, that never wore a Heel higher than the natural Plan of the Foot; neither have they Corns under the Foot, nor on the Toes, without the Shooe be too ſtrait: I could wiſh our Soldiers would think of this.

Na-

Naturam Diſce ſequi.

Un-erring Nature *learn to follow cloſe,*
For quantum ſufficit *is her juſt Doſe;*
Sufficient *clogs no Wheels, and tires no Horſe,*
Yet briskly drives the Blood around the Courſe;
And hourly adds unto its waſts, ſupplies
In due proportion to what's ſpent and dies.
Whilſt ſurfeiting *corrupts the Purple Gore,*
And bankrupts Nature *of her long-liv'd ſtore:*
And thus the Soul *is from the* Body *tore*
Before its time.———
Which, by a temperate *Life, in a clean Cell,*
Might full a hundred Years with Comfort dwell,
And drop, when ripe, *as* Nuts *do ſlip the* Shell.

A Gentleman contracting a complication of *Viro-venereal* Diſeaſes, which he pleaſantly call'd *Twiſts*, as alſo finding a ſenſible weakneſs and waſte in his *Eſtate*, reſolv'd to turn over a new Leaf and become a Wiſe Man: in order whereunto he put his Eſtate into the Hands of a prudent Mannager, and himſelf into a Courſe of *Phyſick*, rather *Dietetic* than otherwiſe. He firſt began with the Purging Waters, with ſome ſmall Shop-Catharticks to quicken them (for he could drink no great quantities

tities of any thing but Wine, *&c.*) After due evacuations, he took the Wood-drinks, with ſome Anti-ſcorbutick *Drops*, *&c.* from thence he went to the *Hot Baths*, bath'd there in the temperate Baths, and drank the Waters moderately, for the ſpace of 8 or 10 Weeks: us'd *Exerciſe* much, eſpecially Riding and Bowling: he drank Wine very ſparingly, and exil'd himſelf from Women quite, (having no Wife); from thence he came to the *Cold Baths*, to harden and confirm his *Conſtitution*, perſever'd in this good Reſolution, and recover'd both his *Health* and *Eſtate*, then not being above forty Years of Age. But before he went into his own Country, he writ a *Diſtich* or two over that *Tavern* Door where he uſed to entertain his *Miſtreſſes*. I hear that he is ſince married, and has two or three healthful and luſty Children. His Verſes were, *viz.*

Before a Tavern ever ſhall confound me,
Or painted Harlot *in her Arms impound me,*
A Fever *burn me, or a* Dropſie *dround me.*
That curſed Trade I followed too long,
But now I'll ſtop before my ALL *is gone;*
By this Reſolve ſhall Health and Mony ſave,
And car' no patch'd up Poxes *to the Grave.*

A Gentleman in a Dyſpnœa, and great difficulty of Breathing, went into the Cold Bath ſeveral times, but with no great Succeſs; he went to the Hot Baths, and there drank the Waters, and by the uſe of thoſe Waters grew worſe. I ſoon found the Cauſe, for he would drink two or three Quarts or more in a Morning, beſides what he drank at Meals, and all the Day after. I reduc'd him to the drinking of a Pint only with ſome drops of the ſweet Spirit of Niter, and he ſoon recover'd; for before he had over-loaded his Blood with Water, which made his reſpiration difficult, and his Lungs lifted heavy, and I much wonder'd that he did not fall into a Dropſie, or had a diſcharge by a *Metaſtaſis* into his *Head*; which misfortune ſome have fallen into, through drinking too long and too large quantities, eſpecially if they bathe with too much Water in their Bodies, for all Heat and Sweat diminiſhes Urine, and hinders the due ſecretions by which the Blood ſhould be diſcharg'd and deliver'd of its load, *&c.*

One Mr. *Andrewſon* a North Country Gentleman, told me he was cured about ten Years ſince, of a great difficulty of Breathing, by the uſing of the Cold Bath at *Holy Well*, and drinking good ſtore of Liquoriſh

riſh Poſſet-drink with Fennel-water. *Quæritur*, which did the Cure, the Saint or the Medicine? I believe St. Liquoriſh and St. Fennel-ſeed did him more ſervice there, than St. *Winifrid* and all her Crown-ſhaven-Chaplains, *&c.*

And now I am gotten into a Northern Story, I muſt tell one ſad one more of a very worthy honeſt Gentleman of *Lancaſhire*, ſome Years ſince, whoſe loſs was very much lamented; he being then in *London*, fell into a *Diarrhœa*, which was long, and very ſharp upon him; Mr. *Peirce* in *Drury-lane* was his Apothecary, and I was his Phyſician: I uſed all the *Uſualia*, but with little Succeſs; at length I gave him the *Gas Sulphuris*, with ſome few Drops of, *&c.* with it, (not *Laudanum* I faithfully declare) which ſtop'd the Flux and comforted his Bowels, and the Excrements began to be hard and figur'd; and without a figur'd Excrement no Man is right in Health; tho' Ale-drinkers are generally looſe and ſoluble, but that proceeds from the newneſs and ſmoothneſs of thoſe oily Liquors which they take in too great a quantity, *&c.* But to my Story. The Setters (and perhaps the Sharers) of Dr. *Cuſtard*'s-Skull Profits perſuaded him (much againſt his Mind) to ſend for this *Pulp-pated* Pil-monger;

ger; in came *Cream* and *Eggs* with his uſual Changling's grin (for then the *Rat's-bane* was not ſo hard of acceſſion as he is now) He firſt purg'd him, then at him with his *(Pan-pharmacon)* Aſſes Milk, which ſmooth'd his Bowels, and made the Acids loſe their hold; down came his *Diarrhæa* again, then he was at his Wits end, (and that no far Journey.) Lord! Mr. *Peirce*, quoth he, what ſhall we do? what was it Dr. *Baynard* gave him? The *Gas Sulphuris*, reply'd he. *Gas*, quoth the Dr. what the Devil is that? what is it, a Solid, or a Liquid? a Liquid, quoth Mr. *Peirce*; I pray give him ſome of that *Gas* then. I have none, quoth he, the Dr. brought it himſelf; ſend for ſome of it, quoth he, by a ſham Name, *&c.* Ay, quoth he, but the Dr. told me that he had no more of it (by him) made. What ſhall we do then, quoth he? I know not, quoth t'other. In ſhort, being thus ill treated, he applying to the Fever, (which was only Symptomatical) by Bleeding, Cupping, *&c.* not knowing the Cauſe (at leaſt-wiſe, not what to check or take it off with) ſo that in a few Days the poor Gentleman ſquirted out his Soul, and then this Phyſick *Ananias* look'd like a Dog that had loſt his Stones; for an impudent Fellow out of countenance makes a rueful Figure.

The

The misfortune of this Gentleman, who was well belov'd, was the talk of the Town; and I have been oftentimes ſince much vex'd that I did not Print the Caſe, with all his ſorry Preſcriptions: but, as our *Preſident* ſaid to Mr. *Peirce* when he heard that he had given him Aſſes Milk, *Alas! poor Man*, quoth he, *he can give no other* Milk *but* Aſſes Milk.

I could ſay much more on this Caſe to the Shame (if he can be aſham'd) of this ſorry Medicaſter, but that it is but pouring Water on a drown'd Mouſe, for he is pelted by every Paltry Proſer, and is the very piſſing Poſt of the Poets; for not a Cur in the Country, nor a Dog of a Dogriliſt in Town, but holds up his Leg and has one Squirt at him as he paſſes by.

This Story an Apothecary, now alive, had from Mr. *Peirce*'s own mouth, for he was his Maſter with whom he ſerv'd his Time.

One thing more I muſt add, that Mr. *Holmes*, late Apothecary to the *Charterhouſe*, told me that he having from his long Practice and Obſervation from Phyſicians Bills, collected and form'd a very Ingenuous ſort of a Diſpenſatory, by collecting ſome curious and choice forms of compounding Medicines, which he deſign'd to have

Publiſh'd by way of Appendix to Dr. *Bates*'s Diſpenſatory; in order whereunto, he deſir'd the conſent of the Fellows of the College for the Members to peruſe and approve it, the Preſident firſt beginning by ſetting his and to it, *&c.* which moſt of the Fellows did in order, according to their Seniority; at laſt he came to *Rats-bane*'s Houſe, who was but a young Skull-ſlinger then, a Cub-Cockatrice, and juſt crept out of his Toad-hole in *Mutton-Hall*. He receiv'd him with a cock't Haughtineſs in proportion to his baſe and eleemoſynary Breeding; the other ſubmiſſively accoſted his Worſhip with low Bows, *multiſq; cringibus*, &c. and ſhew'd him his Errand he came about. The firſt thing he lit upon was an *Aperitive Syrup*, wherein was the Herb *Botrys*. *Botrys*, quoth *Fool-enough*, what's that? why, quoth Mr. *Holmes*, 'tis Oak of *Jeruſalem*. *Jeruſalem*, quoth he, why can't *Engliſh* Oak ſerve the turn? By no means, reply'd *Holmes*, 'tis of a quite contrary Virtue and Operation. *Engliſh* Oak is a Styptick and Reſtringent. Stiff-ſtick and Reſting-joint, what's that, Sir? Quoth he, I will prove out of the Accidence of *Lilly*'s-*grammar*, that *Engliſh* Oak is a better Pectoral than your *Jeruſalem* Butter-box, as you call it. How ſo, quoth *Holmes*? How ſo, quoth the Dr. what think you

you of *Pectora percuſſit, Pectus quoq; Robora fiunt?* and the Devil's in't if Oak upon Oak, as you ſee in the Verſe, ben't a Pectoral, when the whole Breaſt was turn'd into Wainſcot. Sir, had you this out of the Accidence, quoth *Holmes*? Yes I had, ſaid *Arſenick*. Why then, ſaid *Holmes*, farewel Accidence, but *ecce* Dunce. This Story Mr. *Holmes* has told to a hundred People about Town. *Qui capit ille facit.*

The greateſt Cures that I ever have done in my Life-time, (and I thank God I have had as good luck as my Neighbours) I have done by Simples.

I know a certain Plant in the World infus'd long, whole and unbroken, in warm Bath-Water, and that Water poured on more of the ſame Plant until the Water is thoroughly impregnated with the eſſential Volatiles of the Plant, that in a certain Caſe, 'tis an *Ens Specificum*, and therefore it is admirably wiſely and knowingly ſaid of *Helmont*.

——*Exiſtimo Deum perfecte & ſufficienter in ſimplicibus compoſuiſſe completa morborum quorumcunq; remedia.* And a little farther he goes on, *Felix ille qui ſimplicibus tuto atq; prompte novit tollere & conculcare morbos.* —— *Itaq; credo ſimplicia in ſua ſimplicitate eſſe ſufficientia pro ſanatione omnium*

morborum, ——*Et per conſequens Diſpenſatoria violentia componere & nectere plurima totum perdunt.* What wonderful Cures do we hear done by the *Indians* purely by Simples? And here I muſt relate the greateſt Cure done (almoſt *ex tempore*) by an *Indian*, on Mr. *Thomas Clayton*, then a Lawyer in *Virginia*, related by his Brother Mr. *John Clayton*, now a Miniſter of a Pariſh in *Dublin*, and a Gentleman very knowing in Phyſick himſelf, which he has often told ſome of our *Greſhamhites*, which in ſhort was this. His Brother being ſeiz'd with the Country Diſeaſe, *viz.* dry Gripes with a *Paralyſis* that had taken away the uſe of all his Limbs, an *Indian* for ſo much Brandy, *&c.* would undertake to cure him. He order'd ſome VVine or VVater or ſome ſuch Liquor to be warm'd, into which he ſcrap'd about a Scruple or half a Dram of a certain Root which he pull'd out of his Pocket, but whetted the Knife he ſcrap'd it with, becauſe they ſhould not diſcover by the Smell what the Plant was, *&c.* Upon his taking this Doſe, he fell into a violent Sweat, and repeating the Doſe the next Morning, he recover'd as if made whole by a Charm or Miracle. When the *Indian* Doctor was gone, the Maid-Servant found a little bit of this *Root* drop'd under the Table,

ble, which ſhe preſently gave to Mr. *John Clayton:* To work went he a Root-taſting all round the Country for ſome ſcore of Miles, but with all his Pains and Diligence could not diſcover the leaſt Foot-ſteps of this wonder-working Plant. So after many Eſſays and tireſome Journeys, home he came and reſted himſelf contented. Sometime after this a Sow with Piggs was ſtung with a Rattle-Snake, the Sow immediately made to the River on a full gallop, grunting and making a hideous Noiſe, (as the Hogs did with the Devil in 'em) He being in the Houſe and hearing the out-cry, ran to ſee what the matter was, and following the Sow to the VVater-ſide, he eſpy'd, under a large *Saſſafras Tree*, a Plant about a yard high, with a Leaf not much unlike our *Angelica*; he cropp'd a Leaf or two and rubb'd them, and he fancied that it had a ſmell ſomewhat like the Root we are diſcourſing on: He immediately upon taſting the Root, found it was the very ſame that cur'd his Brother, *&c.*

He gave me a piece of it: it was a very ſtrong *Aromatick*, and ſcented every thing that it touch'd. Mr. *Clayton* fancy'd it to be by the Deſcription the *Libanotis vera Diaſcoridis*, but I think it came the neareſt in both Taſt and Smell to the Spaniſh *Meum*,

but far pleaſanter and much more *Aromatic*. He alſo the next Year ſent for ſome of the Seed (he having before he came for *England* diſcovered more of the Plants) but it got wet with Salt-water in the Paſſage. He gave ſome of it to the Ingenious Mr. *Watts* then director of the Phyſick Garden at *Chelſea*, but it came to nothing; either our Climate was too cold, or the Salt had deſtroy'd its fæcundity, *&c.* I inſtance this Relation, that we may ſee what hidden Power was given by (the *Fiat* of) the great Creator to all the VVorks of his Hands.

So here I have finiſh'd my Obſervations of Hot and Cold Bathing, *&c.* I'll proceed now to give you (Sir *John*) ſome few Remarks on *Longævity*, and conclude.

A ſhort Diſcourſe on Longævity, *in ſeveral Inſtances of Perſons living to an extream old Age, as much from a cool and temperate Diet and regular courſe of Life, as from the true* Baſis *and Ground of* Old Age, *that happy Parental Bleſſing, of*

Bona ſtamina vitæ.

THAT the *Devil* for once ſpake true when he ſaid, *Skin for Skin, and all that a Man has for his Life*, &c. Long Life is ſo deſirable, and ſo valu'd and eſteem'd among Men, that 'tis every Man's Hope and Wiſh to obtain it. And yet we ſee notwithſtanding this great like and love Men ſhew and expreſs for it, how remiſs and

careleſs the greateſt part of Mankind are in the means to ſecure it. This ſupine and ſtupid neglect ariſes from our too much truſt in a good *Conſtitution*; when alas! they think not that the leaſt Debauch (tho' it does not blow up, yet) like an Earthquake it ſhakes the very foundation of the Human *Fabrick*, and repeated Acts ſoon ruin the *Superſtructure*; and becauſe they ſee ſome few old Drunkards of fourſcore ſafe waded through an *Aceldama* of their Neighbours *Skulls* that has fallen in the Battle, young Men preſently take *non Cauſa pro Cauſa*, and imitate them in *Drinking*; not conſidering that this their *Precedent* had he trim'd his *Lamp* and wiſely manag'd the *Flame*, he might have liv'd to have been an *Old Parr* or a *Jenkins*, &c. But alas! where one Claret-*Profeſſor* lives to 80, ten thouſand of their *Tyro*'s ſink under it. I muſt confeſs that Company is very pleaſant and charming, eſpecially if it be all of a-piece, witty and ingenious; but we ſhould conſider how dearly we purchaſe a little frothy and fleeting Diſcourſe, and ſwop our precious Time and Health for nothing but *Piſs* and *Prate*, for in the Sink or Chamber-pot all Tavern-Delights terminate; and tho' a Man may wreſtle through a great many years under a cuſtom and habit of Drinking, yet the

Bottle

Bottle will at laſt prevail and fairly lay him on his Back. The ſerious Conſideration of this many years ſince, even in my Youth, dictated this Caution to my *Self*, *viz.*

Truſt not to Conſtitution, *'twill decay*,
And twiſted Strength *its Fibres wears away:*
As cloſe-wove Garments *of a ſtrong-ſpun Thread*
The Wooff *frets out and tears away the* Web;
So Soul *and* Body *tho' ne'er ſo well conjoin'd,*
The longer that they wear the more they grind,
Then the crackt Organ *muſt impair the Mind.*
All finite Things tend to their own undoing,
But Man alone's induſtrious to his Ruin;
For what with Ryot, Delicates *and* Wine,
Turns Pioneer *himſelf to undermine.*
Beſides the hidden Snares *laid in our way,*
The ſudden Deaths *we hear of every day,*
The ſmoothest Paths have unſeen Ambuſcades,
And Inſecurity Security *invades:*
For no Man knows what's the next hours event,
Man lives *as he does* die *by Accident.*

How

How ſoft is Fleſh, *how brittle is a* Bone!
Time eats up Steel *and Monuments of* Stone,
And from his Teeth *art thou exempt alone?*
What Warrant haſt thou that thy Body's proof
Againſt the Anguiſh of an aching Tooth?
How ſoon's a Fever *rous'd by acute Pains?*
The ſmalleſt Ails *have all their Partizans;*
And in inteſtine Wars they may divide,
And Life's *Deſerters liſt on the wrong ſide.*
Diſeaſes, like true Blood-hounds, ſeize their Dam,
And prey upon the Carkaſs *whence they ſprang.*
Be always on thy guard, watchful and wiſe,
Leſt Death *ſhould take thee napping by* ſurprize.

A Let-

A Letter giving an Account of one Henry Jenkins *a* Yorkſhire Man, *who attained the Age of* 169 *Years, communicated by Dr.* Tancred Robinſon *F. of the College of Phyſicians, and R. S. with his Remarks on it.*

SIR,

MR. Robinſon *tells me you deſire the Relation of* Henry Jenkins's, *which is as followeth:*

When I came firſt to live at *Bolton*, it was told me, there lived in that Pariſh a Man near an Hundred and fifty Years Old; that he had Sworn as Witneſs in a Cauſe at *York* to an Hundred and twenty Years, which the Judge reproving him for, he ſaid, he was Butler at that time to the Lord *Conyers*; and they told me, that it was reported his Name was found in ſome old Regiſter of the Lord *Conyers*'s Menial Servants; but truly it was never in my thoughts to enquire of my Lord *Darcy*, whether this laſt particular was true or no; for I believed little

tle of the Story for a great many Years; till one Day being in my Sisters Kitchin, *Henry Jenkins* coming in to beg an Alms, I had a mind to examin him; I told him he was an Old Man, who must suddenly expect to give an Account to God, of all he did or said; and I desired him to tell me very truly how Old he was: he paused a little, and then said, that to the best of his Remembrance he was about One hundred sixty two or three; and I asked him what Kings he remembred? he said *Henry* VIII; I asked what Publick thing he could longest remember? he said *Flowden-field*; I asked whether the King was there, he said no, he was in *France*, and the Earl of *Surry* was General; I asked him how old he might be then? he said, I believe I might be between Ten and Twelve; for, says he, I was sent to *Northallerton* with a Horse Load of Arrows, but they sent a bigger Boy from thence to the Army with them: I thought by these Marks I might find something in Histories, and looked in an old Chronicle that was in the House, and I did find that *Flowden-field* was an Hundred fifty two Years before; so that if he was Ten or Eleven Years Old, he must be One hundred sixty two Years, or three, as he said when I examined him. I found by the Book, that

Bows

Bows and Arrows were then uſed, and that the Earl he named was then General, and that King *Henry* VIII. was then at *Tournay*, ſo that I don't know what to Anſwer to the Conſiſtencies of theſe things, for *Henry Jenkins* was a poor Man, could neither Write nor Read: There were alſo four or five in the ſame Pariſh, that were reputed all of them to be an Hundred Years Old, or within two or three Years of it, and they all ſaid he was an elderly Man ever ſince they knew him; for he was born in another Pariſh, and before any Regiſters were in Churches, as it is ſaid; he told me then too, that he was Butler to the Lord *Conyers*, and remembred the Abbot of *Fountains-Abby* very well, who uſed to drink a Glaſs with his Lord heartily, and that the Diſſolution of the Monaſteries he ſaid he well remembred.

Ann Savile.

This *Henry Jenkins* departed this Life the eighth Day of *December*, 1670. at *Ellerton* upon *Swale*.

The Battle of *Flowden-field* was Fought upon the ninth Day of *September*, in the Year of our Lord 1513.

Hen-

Henry Jenkins was twelve Years old when *Flowden-field* was Fought, ſo he lived one hundred ſixty and nine Years

Old *Parre* lived One hundred fifty two Years nine Months; ſo that *Henry Jenkins* out-lived him by computation ſixteen Years, and was the oldeſt Man born upon the Ruins of this *Poſt-diluvian* World.

This *Henry Jenkins* in the laſt Century of his Life was a Fiſherman, and uſed to wade in the Streams; his Diet was Coarſe and Sowr; but towards the latter end of his Days he begged up and down; he hath Sworn in Chancery and other Courts, to above 140 Years Memory, and was often at the Aſſizes at *York*, whither he generally went a-foot: And I have heard ſome of the Country Gentlemen affirm, that he frequently ſwam in the Rivers after he was paſt the Age of One hundred Years.

'Tis to be wiſhed that particular Enquiries were made, and anſwered, concerning the Temperament of this Man's Body, his manner of Living, and all other Circumſtances, which might furniſh many uſeful Inſtructions to thoſe who are curious about *Longævity*.

Franciſco Lupatſoli the *Venetian* Conſul at *Smyrna* liv'd 113 years, and had by his Wives and other Women about 50 Children;

dren; he uſed to pray for the Soul of all his defunct Miſtreſſes by name. He drank nothing but Water and Milk, ſometimes a ſmall Sherbet; his uſual Diet was ſmall Soops of Fleſh, ſometimes of Bread, Water and Figs. He ſaw at that Age, or near it, without Spectacles, and could hear well. He drank no manner of Tea, Coffee, or Chocolet, nor any fermented Liquor. He went upright. He had ſome new black Hairs on his Head, and Mr. *Ray*, the *Engliſh* Conſul there, told me that he ſaw a Tooth cut in his upper Gum. He ſaid that he was potent for Women at that Age, and was known to give Mony for a ſhe young Slave to be kind with her. Towards his latter end he complain'd to a Doctor that his Eyes began to grow dim, and deſired a Remedy; the Doctor's name was *Barbatſcio*. He was a fair Man of a middle Stature, *&c.*

Mr. *Ray* lodges at Mr. *Butlers* next door to Mr. *Holt*'s in *Charter-houſe-yard*.

Mr. *John Bill* related that *Richard Lloyd*, born 2 Miles from *Montgomery*, was aged 133 within two Months, a ſtrong, ſtraight and upright Man, wanted no Teeth, had no grey Hairs, which was of a darkiſh brown Colour; could hear well, and read without Spectacles; fleſhy and full cheek'd, and the

the Calves of his Leggs not waſted or ſhrunk; he could walk well: he was of a tall Stature: his Food was Bread, Cheeſe and Butter for the moſt part, and his Drink Whey, Butter-milk or Water, and nothing elſe; but being by a Neighbour-Gentlewoman perſwaded to eat Fleſh-meat and drink Malt-Liquors, ſoon fell off and died. He was a poor labouring Man in Husbandry, *&c.* To the truth of this, the Copy of the Regiſter produc'd affirm'd it.

Dr. *Lower*, Brother to our famous *Lower*, told me, that he ſaw a Man in the North of an extream Age, full or above ſix ſcore; he lay on a Pad on theGround in a dark,ſmoaky tatter'd Cottage, with a Clout or old Stocking that ſtopt a hole in (the next to no Wall) a Clay-plaſter'd hurdle, with a little Cow lying by him chewing the Cud. I ask'd him what that hole in the Wall ſerv'd for? He told me that it ſerv'd to let out Smoke or let in the freſh Air according as he wanted the one, or was oppreſs'd with t'other. I ask'd him what that Cow ſerv'd for, with her Mouth ſo near him? He anſwer'd, for Refreſhment; for, ſaid he, the Breath of the Cow is a Cordial, and much refreſhes me when I am faint, *&c.* I askt him what Diet he us'd? He anſwer'd Oatmeal made into Water-pottage,and Potato's, and

and ſometimes a little Milk when his Son and Daughter did not drink it from him. He ſaid that he had been a labouring Man all his Days, and that he never had been ſick as he could remember in his Life; that he eat very little Fleſh, *&c.*

As to being comforted with the Breath of the Cow, 'tis highly rational to believe it; for the Breath was warm, and muſt emit with it ſome volatile Salts, and fragrant Particles, analogous to our own Spirits. I have heard ſeveral Shepherds and other Cattle-keepers ſay, That in rouſing of their Herds from their Reſt in a Morning, the Steems not only of their Bodies, but even the *Effluvia* and Scent of their Dung and Urine has been grateful and refreſhing, from thoſe ſalubrious volatile Salts that they draw in with their Breath in their Sheep-Folds, and Cow-Houſes, early in a Morning before the Beams of Light and Heat exhale them, and rob them of the beſt Noſe-gay in the World: And in the times of the Old Patriarchs, no doubt but that the whole Family lay upon the ſame Floor, Man and Beaſt, Wife and Children, which might be one cauſe of their long Life, *&c.* For in thoſe Days they were Strangers to the curſed Invention of tall Houſes and painted Roofs, which the Divine

Seneca, *Socrates*, *Plato*, *Epictetus*, &c. and all the wiſe Philoſophers have ſo expos'd and rail'd at: for the Pride of Life is really the torment and trouble of it. But whilſt the Devil, that Spiritual Taylor, Prince of the Air, can ſo eaſily ſtep to *France*, and Monthly fetch us new Faſhions, 'tis never likely to be otherwiſe. What a ſhame is it, in the Church, the Houſe of God, where People ought to aſſemble in Sack-cloth and Aſhes to lament and mourn for their Sins, to come with Top-Knots, long dangling rump Perry-wiggs, to ſee who likes who, and make the Church a Spiritual *Hide-Park*, to play with Fans and toſs Perry-wiggs, *&c.* really this is a great Abomination, and Offence even to the little Religion of a Tip-ſtaff or a Turn-key, *&c.*

There is at the *Bath* an Old Fellow in the Summer time, who is an aſſiſtant to the Play-houſe. I have obſerv'd this Old Fellow once in a Week, or ſometimes oftner, to go to a Milk-Houſe (where I uſed often to drink Milk) to fill a great Pitcher (which held at leaſt 6 or 7 Quarts) of new Butter-milk, but always kept it until it was ſowr, and then drank of that and nothing elſe all the Summer Months, *(id eſt)* from *April* or *May*, until *October*; the remaining part of the Year he drank either Water or ſmall Beer,

Beer, tho' he told me that in his Youth he has ſometimes drank ſtrong Drinks, but they never agreed with him: And he alſo told me, that not above 2 Years ago he went from *Bath* to *London* on foot, in two Days, and came home to the *Bath* again in two Days more, and that he was then near 87 Years of Age, as may be ſeen by the Regiſter. He is a ſtraight upright Man, without ſtooping, and of his great Age moves wonderfully nimble. He has an ungrateful Name, tho' an honeſt Fellow, for it is *Seth Unthanke*. He was born in *Milfield*, in the County of *Northumberland*, in *Glendall Ward*, in the Year of our Lord 1617. on the 29th of *September*, in the 15th Year of the Reign of King *James*, and was Baptiz'd in *Kirk Newton*. He was the youngeſt of 22 Children. His eldeſt Siſter has been dead a Year. He has a Brother living 10 Years older than himſelf, his eldeſt Brother has been dead 3 Years. He has a Siſter living in *Spittle*, within half a Mile of *Berwick*, 16 Years older than himſelf. His Unkle was 126 Years old, when he died, he was a Penſioner to the Biſhop of *Durham*.

Henry de la grange d'Arquin was born in *France* the 13th of *April* 1606. and was made Cardinal *D'Arquin* by *Innocent* the 12. Father to the Queen Dowager of Poland, Widow of John Sobieski

the 12th of *December* 1695. He is now at *Rome*, and enjoys Health enough to deſerve being called the youngeſt Man in it. He goes frequently on Foot, diverts himſelf more than any Body at Feaſts, and has often Conſorts of Muſick at his Houſe, where he entertains the Company with an air of Youth; he lives at liberty, and without conſtraint. He has a robuſt Complexion, is not ſubject to any indiſpoſition, but the Gout, which may proceed from his too much eating, having a moſt devouring Stomach. He is ſo little ſenſible of his great Age, that he often talks of going into *France* for a Year or two, and afterwards then return to *Rome*.

He deny'd himſelf no Pleaſure in his Youth, and notwithſtanding is very like to carry the ſame temperament and briskneſs to the Grave.

Mr. *Martin* in his deſcription of the Weſtern Iſlands of *Scotland* ſays, that *Donald Roy*, who lived in the Iſle of *Sand*, where they have neither Phyſick nor Phyſician, died lately in the 100th Year of his Age, and was able to Travel and manage his Affairs till about two Years before his death.

He makes mention of one that died about 18 Years ago, aged one hundred and forty, and of another who they ſaid died at one hundred and eighty. At

At *Bean Soleil*, a Village near *Turin*, I ſaw, about three Years ago, an old Woman in the Inn that was 105 Years old, as her Grandſon told me, who was Maſter of the Inn. She was become from a tall proper Woman, a ſhort hump-back'd Figure, but had all her Senſes in Perfection, and was continually employ'd in the drudgery of the Houſe, and had a prodigious Appetite, as I obſerved during my ſtay. She was reputed older by all the neighbouring Villages, and had never been Sick.

It is to be noted, That this Village where ſhe lived, is famous for the beſt Air in * Piedmont.

About two Years and a half ſince, going into the North Country, and lying at *Northampton*, I deſir'd my Landlord of the Inn to ſhew me the famous old Man ſo much talk'd of. When I came into his Room, I ſaw a ſhort, broad-breaſted old Fellow ſit by the Fire ſide on a low Stool: I ask'd him how old he was? he anſwer'd me, that he was 128 and ½. I ask'd him about a great many memorable things done near a 100 Years ſince, ſome whereof he perfectly remembred? as the coming in of King *James* the firſt, *&c.* and farther ſaid, that he was

* *This Account Dr.* Baynard *had from Dr.* Engliſh.

one of the 24 Morrice-Dancers that danc'd before him into the Town: But here I doubted my old Man's veracity, for if I am not miſtaken, the King came in the *Yorkſhire* Road, through *Huntington*. But however, I found him by all, and by the niceſt enquiry I could make, that he was not far ſhort of that Age, as appear'd by the Teſtimony of ſeveral People, ſome near, others above a hundred; and they all ſay, that he ſeem'd to be an old Man ever ſince they could remember. That he was born in the Town, but before Regiſters were uſed, *&c.* He had a very ſtrong Voice, and ſpake very heartily and loud. He ſaid (not deſigning it for a Jeſt) that he ſhould never die ſo long as i[t] could breath freely, which is no ſmall Happineſs. Diſeaſes and difficulties of the breathing Family, are not only moſt troubleſome, but the moſt dangerous alſo; and I never knew a very old Man, but his reſpiration was very liberal, *&c.* And this agrees with the Sentiments of *Hippocrates*, viz. *Facile ſpirare magni momenti eſt ad ſalutem*, &c. and *Jacob. Spon.* upon him, *Spirare enim facile partium Thoracicarum libertatem indicat*, &c. And upon this Article, how many *Nurſes* and careleſs *Mothers* ought to be *hang'd* for their hard ſwathing poor helpleſs and tender *Infants*, &c? as

in

in another Place I have ſaid more at large; nay I have ſeen a *Nurſe* lay her heavy *Hand*, and ſometimes her *Arm*, upon the *Breaſt* of a Child, as it lay *flat* and ſupine in her *lap*, until it has been black in the *Face*; which tho' not always the preſent deſtruction of it, yet it gives the *Thorax* a cruſh, which the Child may never well recover as long as it lives, *&c.*

This old Man, whoſe Name was *John Bales*, told me, that he had buried the whole Town of *Northampton*, except 3 or 4, 20 times over. Strong Drink, quoth the old Man, kills 'em all. He told me that he never was drunk in his Life, and that Water, ſmall Beer and Milk was his drink, ſometimes taken *per ſe*, ſometimes mix'd, and that his Food was, for the moſt part, brown Bread and Cheeſe; he cared not much for Fleſh Meats. He was a ſenſible old Fellow, and had no Diſeaſe but Blindneſs, which had ſeiz'd him not above four or five Years, *&c.*

Mr. *Robinſon* Miniſter of *Ousby* in *Cumberland*, has wrote me ſeveral Letters of poor People that have liv'd to extream old Ages, of a hundred and more, and that upon enquiry, he moſtly found that they lived upon the *lacticinia*, eſpecially on Whey and ſowr Butter-Milk, and Oat-bread, *&c.*

he alſo wrote me Word, and I have heard it confirm'd by many other *Cumberland* Gentlemen, That a Man ſleeping on ſome Mineral Bank, the Steam and *Effluvia* of it had turn'd that ſide of his Hair which lay next the Ground as white as Snow, as alſo one Eye-brow, and half his Beard, which before was as black as a Raven. This Miniſter atteſted this *(verbo ſacerdotis)* at *Child*'s Coffee-Houſe at the Weſt end of St. *Paul*'s Church, before Major *Roycroft* and ſeveral others. Mr. *Robinſon* deſir'd it to be recorded in the Philoſophical Tranſactions, but I hear it was oppos'd by Sir *Tiffany Sleeſy* the Muſlin-Man.

Mrs. *Hudſon*, Mother to Mr. *George Hudſon* a Solicitor in Chancery, lived a hundred and five Years, and then died of an acute Diſeaſe, by catching Cold. Her Eyes were ſo very good, that ſhe could ſee to thread a Needle at that great Age: Her Food was nothing (or very little elſe) ſave Bread and Milk all her Life time.

Mr. *Johnſton*, Father of Dr. *Johnſton* of *Warwick*, always a ſtrong luſty Man, dyed at a hundred and eleven. His uſual Drink was Milk and Ale, or Milk and ſmall Beer mixed together.

That

That Milk is of a ſalubrious, ſafe and ſweet Nouriſhment, is evident by many Nations that eat much of it, and live long. One Inſtance of it is at *Croydon* in *Surry*; a Phyſician of good worth and learning was ſo kind as to give me an account of himſelf, who has conquer'd a Diſtemper, and acquir'd a good Conſtitution by his drinking of Milk only, eating and drinking nothing elſe for theſe 5 or 6 Years paſt. His *Quantum* is a quart in a Morning, a quart at Noon, and a Pint at Night, without Bread, *&c.* and to this quantity he exactly keeps; ſometimes he drinks it hot, ſometimes cold, as for his conveniency it happens.

All thoſe that have written of the Iſlands of *Scotland*, &c. ſay, That the *Whig* or Whey they boil'd with ſweet Herbs, and barrel'd it up for their *Potus ordinarius.*

A hundred Examples of this kind may be found to confirm the Doctrin of Temperance and a cool Diet, as neceſſary to the prolongation of *Life*; but if an *Angel* from Heaven ſhould come down and Preach it, one *Bottle* of *Burgundy* would be of more force with this *Claret-ſtew'd* Generation than ten Tun of *Arguments* to the contrary, tho' never ſo demonſtrable and divine, *&c.*

But when alas! Men come to die
Of Dropſy, Jaundice, Stone and Gout,
When the black *Reckoning draws nigh,*
And Life (before the Bottle)'s out:

When (low drawn) Time's upon the Tilt,
Few Sands and Minuts left to run;
And all our (paſt gone) years *are ſpilt,*
And the great Work *is left undone:*

When reſtleſs Conſcience *knocks within*
And in Deſpair *begins to baul,*
Death *like a Drawer then ſteps in,*
And asketh, Gentlemen! *d'ye call?*

I wiſh that Men *would, timely, think*
On this great Truth in their full Bowls,
Both I *and* WILL. *of* Ludgate-hill,
And all our Friends round Pauls.

As the Divine *Herbert* has it,
A Verſe may find him whom a Sermon flies,
And turn Delight into a Sacrifice. &c.

VIR-

VIRGIL's *Cold Bath,*

Deſcribing a People invigorated and harden'd by uſing to waſh in the *Cold Streams* from their Infancy, *&c.*

Æneid. 9. juxta finem.

Durum e ſtirpe genus, natos ad flumina primum
Deferimus ſævoq; gelu, duramus & undis.

Paraphras'd.

A *Hardy People from their Childhood bold,*
Deſcended from a Race *inur'd to Cold;*
Bathing their Infant-limbs in Winters Flood
Reverberates the Heat upon their Blood;
The rous'd-up Flame *makes the whole fluid* boil,
Deſtils brisk Spirits from good Blood and Chyle,
Bracing the Nerves and fibrous Muſcles tight
For Battle ſtrong, for Hunting ſwift in flight.

This

This bars the doors through which Life's vigour (ſtrays,
And locks th' Pores up with a cold bunch of Keys.
So Vulcan *forging Shields for th' Sons of* Mars
'Tis Thetis *makes his glowing Fire ſo fierce;*
For as he blows ſhe ſprinkles on the Coal,
The open'd Sulphur *gives to Fire a Soul:*
Thus from its contrary does Strength acquire,
And what would ſeem to quench does raiſe the fire.
So Man that often to the Streams reſorts,
His Life becomes an impregnable Fort;
Not only a keen Appetite *creates,*
But the whole vital Force invigorates,
And gives a Tone to all the Body's vents,
Perſpires in unſeen Smoak its Excrements;
Where every Ductus *carries off his ſhare,*
And every Gland *is her own Scavenger.*
(A Secret only known to th' learned * Cole
Who trac'd Dame Nature *thro' her ſmalleſt hole,*
Found all her Foils *ſo long lay hid in night,*
And all her ſecret Mewſes *brought to light,*

* Dr. Cole de ſecretione Animal. & Ætiolog. ad Doct. Hub.

And

And in the dark before where no Man come,
The Pocher *catch'd her ſquat upon the form.)*
Thus in the Infant *is the* Man *made ſtrong,*
Nothing but Time *can ſhake his* Garriſon;
For who to hardſhips from his Youth's inur'd,
From Stone *and* Gout *and painful* Death's *ſe-*
(cur'd.
And he that this way for old Age prepares,
Is ſure (bar Accidents) *of a hundred Years.*
Finds no decay, is one *and ſtill the ſame,*
And's mind ſublimed *by a ſtronger Flame;*
For ſure the Soul *muſt take a great delight,*
And act with Pleaſure where her Organ's *bright:*
For where the Body's ſound, and th' Mind is *(clear,*
Man in himſelf enjoys a Heaven *there.*
Thus Nature *undiſturb'd in this bleſs'd State,*
Renders the Paſſions calm, *his Mind ſedate.*
For where ſhe's warm below *and cool* above,
That happy Man can both inſtruct and love.
To Men his long Experience may impart,
To Women ſhew the green-houſe of his Heart.

Where

Where blooming Love *is in its bloſſom* gay,
For his December *is their Month of* May,
Juſt in his prime, *when other Men* decay.
For all the tender brood *do periſh ſoon,*
Their ſetting Sun *is his meridian* Noon;
Whoſe vital Heat *around his World does run,*
And not confin'd to Stages *like the* Sun.
Thus at an hundred Years *his third* brisk Wife *(enjoys,*
And ſtocks a Village with his Girls *and* Boys;
With his Children's Children's Children, toys (and plays,
And finds their Inclinations by their ways.
There ſees himſelf *in every ſmile and laugh*
In their young Faces, *four Generations off.*
But when the fatal Hour draws on,
For Man muſt die, tho' he live ne'er ſo long,
Time that diſarms the Oak *will ſeize the ſtrong.*
Finds he decays, and muſt dear Joan *forſake,*
Yet he will Cobble *where he cannot make.*
Then comes the Curſe, *when impotent deſire*
Broods o'er the Aſhes *of extinguiſh'd Fire:*

For

For when the power to act *is paſt and* dead,
The Ghoſt *of* Luſt *then haunts the old Man's*
*(*Head.

I don't at all doubt but that Mr. *Wou'd be Wiſe*, call'd a *Critick*, will be nibbling at this our *Book*, and indeed all that Write ſhould have ſome *Rubbiſh* in their Writings to make a *Bait* for a *Critick*, who are catch'd like *Sparrows* in a ſcrape of *Chaff*; and ſo becauſe they ſhan't loſe their expectation, I only trull 'em a couple of Rumblers, which, if they don't like, let them take any other that they do like, *viz.*

This barrs the Doors thro' which Lifes Vigour
ſtrays,)
And loc's th' Pores up with a cold bunch of Keys,
(&c.

Now if any Man ſhould have the misfortune *(as his Mother had)* to labour under the ſuperfetation of *Fool*, and ask the queſtion, Pray is it *true* that the Cold *Bath*, like a *Dutch*-Womans *Girdle*, or a *Sexton* of a Church, has a *Key* to every Pore in the *Skin*? I anſwer, that I could only have wiſh'd that he had liv'd in the time of *Æſop*, and have ask'd him if it were true, that the *Horſe* talk'd

to

to the *Hawk*, or the *Cat* to the *Kite*; would he not have told him he was a *Coxcomb?*

But if any, out of a felonious intent to pick a *Lock* or a *Quarrel* with my bunch of *Keys*, or any thing elſe contain'd in this Treatiſe, let him ſit down, ſmoak a ſober *Pipe*, take the Context with the Text, and read it quite through; then when he and I meet, we may ſhake Hands and be Friends, as being upon the *level*, for I never knew a bad Writer, but that there was a Fool Reader for him ready cut and dry'd, *&c.*

For when a Book before a Critick *lies,*
He reads to carp, *or* filtches *to be* Wiſe.

And now, Sir *John*, you and I may do as they do at Funds and Lotteries, e'en cloſe the Book, for I never intend to write more upon this Subject, and am once more

Your humble Servant,

Lond. March, 25. 1706. Edw. Baynard.

THE

THE INDEX.

PART I.

A

Page

*A*blution *of Children how, and where uſed* 12, 56.

Ablution in cold Water was uſed by Divine Men, to prepare them for Divine Offices, and to diſpoſe them for new Doctrines 71, &c.

The Ægyptians *uſed to puriſie by Immerſion* 3.

Agathinus *cited to ſhew the uſe of cold Baths, and the cuſtoms of ſeveral Nations to put their Children every Day into cold Water* 139, 140.

Alexander Severus *rarely bathed in hot Baths, but almoſt always in a* Piſcina 182.

St. Ambroſe *cited, becauſe he moſt particularly deſcribes the trine Immeoſion* 57

The Americans *cure Fevers by Immerſion in cold Water* 138.

Modern Anatomiſts follow Hippocrates 94, 95.

The nature of Apoplexies conſider'd 156, &c.

Apuleius *cited, to prove that the* Ægyptians *had per-*

perfectly observed the natural good effects of cold Immersions 4.
Armenians, *their manner of Baptism* 14, 15.
All Asia *used to wash new born Children in Salt and Water* 98.
Asthma, how to be relieved by cold Bathing 21.
— *Relieved, but not cured thereby* 127.
— *No hot Regimen can be proper for it* 153.
The old Athletæ *bathed often in cold Water* 160.
Aversions, difficult to be conquered 87.
Augustus *was cured of defluxions by cold Baths* 144.

B.

The word Baptize *interpreted by St.* Chrysostom, *by Immersion* 57.
The custom was to Baptise both Men and Women naked 56.
Baptism an Antitype to the Flood 3.
— *Succeeded the Gentile Purifications* 12.
— *Performed by Immersion* ibid.
Baptism of the Muscovites 14.
— *Of the* Armenians ibid.
— *The Canon concerning it* Anno 1603. *descanted on* 15, 16.
— *How and where administred in the primitive Times* 56.
— *How at present practised in the* Græcian *Church* 91.
The ordinary Barometer, how much it subsides in our Clime 162.
Bathing is properly called the fomentation of the whole Body 38.

— *To what Persons not useful* 49.
— *Its effects, and cautions concerning it* 97.
Baths near Litchfield *described* 17, 18.
— *Cold, heat Persons* 32.
— *Hot, cool Persons* ibid.
A parallel between Baths and Fomentations 39
Bede *cited, to prove that* Paulinus *in the Year* 627. *baptised several Persons in Rivers, and that Immersion was the general Practice in the first planting of Christianity in* England 60, 61.
The miraculous Cures at the Pool of Bethesda *considered* 70, 71.
Mr. Boyle *cited, because he observes that frozen Eggs will thaw faster in cold Water than in the open Air* 148.
The Brain, most of its infirmities may be cured by cold Water 73.
Buchanan *cited, for relating that the* Picts *went naked, that the* Scotch *Islanders sleep upon the Snow, and that the Inhabitants of the* Orcades *preserved their Vigour, Beauty, &c. by observing Parsimony* 180, 181.

C.

The Canarims *wash their Children as soon as they are Born* 13.
Ceadwalla *King of the West* Saxons, *left his Kingdom, and went to* Rome *to be baptized* 61
St. Cedda *and his Companions baptized the Mediterranean Angle* 60
Celsus *cited, to prove that the cure of most infirmities of the Brain may be preformed by cold Water, and that cold bathing is most useful in*

wet Weather 73, 74.
St. Chad, *an account of him, and of the Bath called by his Name* 17.
Children, what Diſeaſes they are ſubject to 82.
— *Are oft born with the Stone* ibid.
St. Chryſoſtom *cited for interpreting the Word Baptize by Immerſion* 57.
Cold, its nature and effects 30, 31.
Cold bathing, its antiquity 1.
— *Improved by the* Romans 6.
— *The reaſon why the Author of this Treatiſe contrived it* 16, 17.
— *On what conditions uſeful for an Aſthma* 21.
— *Beſt in wet Weather* 74.
— *With whom it agrees* 136, 137.
— *Will procure good reſt*
--- *Injuries done by it* 168.
Cold Baths, their variety 21, 22, 23.
--- *Obſervations made on them* 24, 25.
--- *Cautions given concerning them* 25, 26.
--- Hippocrates's *Opinion of them* 30, &c.
--- *How they heat* 32.
--- *The uſe of them taught by the dictates of natural Reaſon* 89.
--- *For what Perſons proper* 102.
--- *To whom injurious* ibid.
Galen's *cautions concerning* Cold Baths 103, 142.
Cold Baths agree with Children 136.
Three kinds of cold Baths 95, 96.
Cold Climates, their influence 113.
Cold Regimen, beſt to preſerve Health 183.
Cold things leſs agreeable to Man's Nature than hot 44.
Conſtitutions of Bodies how to be judged of 33, 34.

Con-

Conſumptions depend on divers Diſeaſes 165.
A conſumptive Woman cured by cold Baths 120.
Convulſions in Children to be prevented, by Immerging them in cold Water 140.
Miraculous Cures done by the uſe of Water in the Jewiſh *Days* 68.
The Cutiliæ, *which were cold nitrous Waters, were famous amongſt the* Roman *Phyſicians* 174.
St. Cyprian *cited for Baptiſm by Immerſion* 57.

D.

Dacier *cited, for tranſlating the Words of* Hippocrates, *ſo as to underſtand thereby cold Baths* 35.
Deafneſs cured by the cold Bath 74.
Auguſtus *was cured of* defluxions *by cold Baths* 144.
Diodorus Siculus *cited, to prove that the firſt* Ægyptian *King waſhed his Body in Water* 3
Diogenes Laertius *cited, for a cure he mentions to be done by the* Ægyptian *Prieſts, by bathing in the Sea-Water* 5
Dipping of Infants when baptized in England 15
Diſeaſes, whence produced 34.
--- *Incident to Children* 82, 83.
--- *Such as are hereditary enumerated* 84.
--- *Which depend on a ſharp Serum* 82.
What will cure a Diſeaſe, will moſt effectually prevent it 70.
Drunken Perſons become ſober by Immerſion 78.

E.

Effeminacy leſs in the Northern, than the Southern Parts of England 192.

England *infested with Leprosie* 8, 9.
Epidemical Fevers, their rise 104.
Epilepsy may be prevented by Swimming 157
Erasmus *noted it as a piece of singularity in the* English *Church, because in his time they used Immersion* 63.
Most evacuations depend on effervescencies and defluxions of humors 149.
Excessive heat, and cold, their effects 40, 41.
Experiments made of the cold Baths 18, 19.
The external Senses are most lively in cold Weather. 73.

F.

Farriers well know the use of cold Water. 100.
Epidemical Fevers, their rise 104.
Folly and Wisdom imputed to our natural Temperaments 75, 76.
A parallel beeween Fomentations and Baths 34.
Foundered Horses how cured by cold Water 100.
Friction may be useful both before and after bathing 143.

G.

Galen *cited for describing a Pleurisie under the notion of an inflammatory Lassitude* 11.
--- *Advises to sprinkle Salt all over new born Children* 99.
--- *His methods prescribed for preservation of Health by cold Baths* 102.
--- *His observation made of feverish Persons* 138.
Galen *enumerates misfortunes that arise from the use of cold Baths* 148.
The Gauls *had their sacred Fountains* 7.

Glen,

Glen, *the name of a River wherein a great number of Persons were baptized* 60.
A gouty Person using the cold Bath 20.
--- *Another much relieved thereby* 107.
An account of the present Baptism in the Grecian *Church* 91.
The Greeks *acknowledged three sorts of Purifications and Washings* 5
Grotius *cited, for favouring* Plato's *Opinion concerning the Flood* 2

H.

The Habassins *Baptize themselves every Year on the Day of* Epiphany, *in their Lakes and Ponds* 92.
Hereditary Diseases enumerated 84.
The Head-ach cured by the Pseuchrolusia 145.
Health best preserved by the cold Regimen 183.
Heat, will succeed any use of Cold 30.
--- *What parts of the Body are pleased therewith* 41.
--- *Its effects on diseased Bodies* 41, &c.
Heliogabalus *used to colour his* Piscinæ *with Saffron and precious Oyntment* 183.
Hippocrates *cited, for describing the Pox and Fevers* 9, 10.
--- *He is characterised and described* 29.
--- *His Opinion of cold Baths* 30.
--- *Remarks upon his Observation* 31.
--- *The Tract of Liquids proved to be truly ascribed to him* 48.
The reason why Hippocrates's *Tract concerning Liquids is obscure* 51.
Homer *cited, for mentioning the purifying the* Atrides *in the Sea* 6

Horſes foundered, how cured by cold Water 100.
Hot Climes, their influence 112.
The Hydrophobia *requires cold Baths* 138.
Hypochondriack Caſes relieved by cold Baths 218.
One ſort of Hypocondriack affection deſcribed, with its Cure 50.
Hyſterick Colick cured by cold Bath 122.

I.

The Japoneſe *waſh new born Children* 13.
The Jews *had a cuſtom to waſh before Prayers and Sacrifices, and going into their Temples* 4.
The Jews *acknowled three ſorts of Purifications by waſhing* 5.
—*Uſed to waſh new-born Children in Salt and Water* 98
Immerſion, *its religious uſe* 1, 2
—*Its natural uſe* 2
—*'s as ancient as Sacrifices,* 2
—*a miraculous Cure done thereby* 8
—*always uſed to Children as well as adult Perſons,* 62
—*how effectual to cure Childrens Diſeaſes* 83
—*ſtill uſed by the Eaſtern Churches* 85
Immerſion *in Baptiſm continued in the Church of* England *'till about the year* 1600 54
Two deſigns of Immerſion, *the one Religious, the other Natural* 55
By a ſudden Immerſion *a drunken Perſon becomes ſober* 78
Immerſions *have been practiſed by all Mankind* 16
The Objection that Immerſions *are ſuitable to hot Regions and not to the cold, taken off* 13, 14
Infectious *Diſeaſes very rare in cold Countries,* 166

King

K.

King Edilmalch *was baptized in* Mercia 60
King Edwin *was baptized at* York by Paulinus *in the year* 627 60
King Walthere *was Godfather to* Edilmalch *King of the* South-Saxons 60
The King of the West-Saxons Ceadwalla *left his Kingdom and went to* Rome, *and was baptized there* 61

L.

Leproſy *frequent in* England 8, 9
---*cured by cold Baths* 9
---*probably was the ſame with the preſent Pox* 9
---*inſtances of its being cured by Perſons being dipped or immerſed in cold Water* 68
Linwood *cited concerning Baptiſteries* 63
Mr. Lock *cited for adviſing that young Perſons be every day waſht in cold Water* 99
Luſtrations *of the* Mahometans 4
---*of the* Moors ibid.

M.

Madneſs *cured by cold Baths* 150
Mahometans *ſprinkle and purifie themſelves with Water* 4
The external uſe of Medicines *agrees with their inward uſe* 38
Moors *uſe Luſtration* 4
Morning *Waſhings why to be preferred* 99
Moſcovites *believe themſelves the only Chriſtians on account of their baptiſmal Rites* 14
---*Baptize themſelves on the day of* Epiphany *in their Lakes or Ponds* 92
Moſes *retains the Immerſions of the Patriarchs and* Ægyptians 4

Muſa *preſcribed the* Hydroposia *as well as the* Pſeuchroluſia *to cure* Auguſtus 20

N.

Both Men and Women baptized Naked 56
Nature *ſeems to have taught all* Nations *the uſe of cold Water* 89
All Obſtructions in the Nerves *may be cured by the cold Baths* 135
Nervous *Diſeaſes are of all moſt hereditary,* 81
Nervous *Diſeaſes cured by cold Baths* 146
Nitre, *its nature and virtues* 174

O.

All Obſtructions *in the Nerves may be cured by cold Baths* 135
Cælius *commends the* Pſeuchroluſia *for the* Onirogonon 153
Opiates, *their effects* 155
The Inhabitants of the Orcades *preſerved their Vivour, Beauty,* &c. *by obſerving Parſimony,* 182
Oribaſius *lived long after* Galen, *and no Phiſician ever preſcribed cold Baths with ſo much aſſurance as he at all Seaſons* 138
Oſwald *King of the* Nordhumbri 60

P.

Pains, *for which Cold is injurious* 48
---*cured by Cold only* ibid
Palſy, *all its Species may be cured by cold Bathing,* 135
The effects of cold Baths in Paralitick *reſolutions,* 128
The Patriarchs *practis'd purifying by Water* 3
Perſius *cited for obſerving that in all great Devotions* Immerſion *was practis'd* 6

Perſpiration *conſidered* 99
Philo *cited for affirming that the* Jews *were ſubject to an* Anthrax 9
Phyſick, *its foundations laid by* Hippocrates *and* Galen 12
Phyſick *has of late years been tranſlated from the* Arabians 94
The Art of Phyſick not known in Tartary, Moſcovy, *and among the* Indians 89
Phyſical *Practiſes which have leaſt of Art are uſually more agreeable to Nature* 110
Plato *cited for aſſerting that the Gods purified the Earth by the Flood; from which Opinion ſprang the cuſtom of purifying by Immerſion Mankind well as the Earth; which Opinion is favour'd by* Grotius 2
Pleuriſy *rare in* England 10
---*it is a Species of the Rheumatiſm* ibid
Pliny *largely deſcribes cold Bathing* 89
Porphyry *cited for affirming that the* Ægyptian *Prieſts waſhed three times in a day upon extraordinary Sacrifices* 3
Three ſorts of Purifications *by Waſhing* 5
Purifying *by Water as ancient as the Flood,* 2, &c.
Pythagoras *was a Phyſician as well as a Philoſopher* 4

R.

The Regimen of Alexander Severus *recommended to this preſent Age as deſcribed by* Lampridius 175, 176
The cold Regimen *moſt adviſable for preſervation of Health* 183
Rheumatiſm *an old Engliſh Diſeaſe* 10
---*cured by cold Baths* 10, 19, 20

---Pleuriſy, *a Species thereof* 10
---*an inſtance of its Cure by cold bathing* 185
Rheums *prevented by waſhing the Head in cold Water* 97
Rickets, *its original conſidered* 10, 81
---*commonly cured by Bathing* ibid
---*The* Welch *Saying concerning it* 98
---*an inſtance of its cure* 129, 189
The Rickets *appeared firſt in* England *about the year* 1620. 81
The Rickets *were firſt known in the Weſt of* England ibid
The River Glen, *a great number of Perſons were baptized therein* 60
The River Swalva, *ſeveral baptized therein,* ibid
In the River Trehenta *a great multitude were baptized* ibid
The Romans *had their* Piſcina *on the North ſide of their Baths* 142
The Church of Rome *hath drawn ſhort compendiums of both Sacraments* 16
A Rupture *cured by the cold Bath* 127
The Ruſſians *baptiſm conſidered* 93

S

The Church of Rome *hath drawn ſhort compendiums of both* Sacraments 16
The Samoids *about* Tartary *harden their new born infants either in ſnow or water* 182
The Sciatica *relieved by cold Baths* 124
The Scurvy, *its nature and ſymptoms* 11
---*Swimming preſcribed for its cure* 69
---*under its name divers Diſeaſes are comprehended, becauſe we may obſerve it in the complication*

plication of divers Cacochymias 164
The motion of the Spirits in Sleep 154
How far cold Baths may be proper for Sleepy *diſeaſes* 156, 157
At Sorbeck *in* Lancaſhire *is the moſt remarkable cold ſpring* 161
The South Saxons *converted by* Wilfrid 60
Spelman *cited for the practice of Immerſion in Baptiſm* 61, 62
Spelman *cited for aſſerting that* Lucius *writ to* Eleutherius *to ſend Miſſionaries into* England *to convert and Baptiſe the Nation* 59
A Spring *covered by a building is much colder than the ſame uncovered* 110
The Stone, *infants much ſubject to it* 82
---*often born with it* *ib.*
Stone *in the kidneys cured by bathing in a river* 96
Strabo *cited for affirming that the water of the river* Cydnus *was beneficial in curing the Gout* 149
Swalva *the name of a river wherein ſeveral perſons were baptiſed* 60
Swimming *preſcribed for cure of the Scurvy* 69
Swimming *in the Sea, by whom, and for what commended* 167

T

Tenderneſs *cured by cold Bath* 123
The Tetanus, *is only a laſting cramp* 40
---*cured by cold Baths* 153
How the Tounguеſes *a Tartarian people harden themſelves againſt the extreme cold of their air* 90
Trehenta, *a river wherein a great multitude were baptized* 60
Trine *immerſion poſitively preſcribed* 58
Trine *immerſion moſt to be approved* 153

Cæ-

Cælius *adviſes ſwimming for the* Tympany 153

U V

A Varix *with an Ulcer cured by cold Bathing* 125
Baccius's *advice in the caſe of a* Vertigo 151
Virgil *cited for diſcribing the waſhing of* Æneas *before he ſacrificed to the Gods* 5
The Unction *uſed by the ancients conſidered* 143
Unite's *well* 17
The external Uſe *of Medicines agrees with their inward* Uſe 38

W

Common Water *its uſe in Bathing* 97 &c.
---*it's uſe in curing Horſes* 100
---*in curing men* 101
Water Drinking, *it's advantages* 115
Wet Weather *beſt for cold Bathing* 74
The Welch *baptize by dipping* 92
The Welch *ſaying concerning the Rickets* 98
A Well *at Wy in Kent, very famous* 7
A Well *near Stow which had been a Baptiſtery* 17
Wells dedicated to St. Winefred *aad St.* Mongah 7
---*their deſcription and influence* 177
Wilfrid *converted the South Saxons to the Faith* 60
Wiſdom *aad folly imputed to our natural temperaments* 75, 76

Y

Young *perſons ought to uſe cold Baths* 21

THE

The INDEX TO THE Second PART.

A.

ABortions *prevented by the cold Bath* 81
Abortions *how frequently caused* 154
Absinthium marinum *its virtues illustrated by a comical Simile* 65, 66
No particular Accident *ought to shake or undermine a known and received good* 12
The Achineſe *very much delight to waſh in cold Water* 74, 75
A Viper's bite cur'd by Acids 24
Acids *good to relieve ſuppreſſion of urine in ſome caſes* 164
In Acute *caſes life and death pearch upon the ſame beam* 3
The author cannot join with Agathinus 5
A quartane Ague *cured by one immerſion* 31
Agues *how cured by immerſion* 169, 170
Many Agues *cured by ſudden plunges into cold Water* 171
Ale Drinkers *removing to Wine ſoon fall into Jaundice, Stone, and Gout, and ſo go off* 196
New Ale *a very unwholſome dangerous liquor* 165
An Aphonia *cured by cold immerſion* 31
Apples *great Pectorals* 128

A broken-winded Horſe cured by eating Apples 129
A conſumptive Woman cured by the ſole uſe of Apples *and* Apple-water 130
Arſenick *miſtaken for Cinamon* 13
Aſthmas *ſometimes perfectly cured but gennerally much relieved by Immerſions* 127
An univerſal Atrophy *cured, by bathing and drinking Bath-waters* 10
Autumnal *putrid feavers whence produced* 176

B

Baglivi *cited for the good effects of warm River or Spring water drank* 20, *&c.*
Bantering *in ſerious things reekoned by the author to be one of the worſt of wickedneſſes* 2
Bathing *not ſafe for men of Plethorick habits and ſanguine conſtitutions* 6
Bathing *in what caſes uſeful* 11
Great cures performed by the hot Baths *at* Bath 5
The Bath *has cured both ſolutions and contractions* 6
Why cold Baths *do the greateſt cures to thoſe who have been in hot* Baths *firſt* 133, &c.
The nature and uſe of Bellows 48, 49
Phyſick Bigottry *worſe than that of Popery* 13
Inconveniences of too much Bliſtering 14
A Block-head *truly deſcribed* 113
The Body *of Man has it's regiſters and vent-holes as well as other furnaces* 51
A comical miſtake made about the herb Botrys 210
Briſtol-*waters their nature and virtues* 52

C

A Cancer *cured by bathing in a mineral water* 130
The author doubts whether it were a true Cancer *ib.*
Carnivorous *Animals chooſe to eat their prey alive, nothing but neceſſity forces them to eat* Carrion 177
A Child *almoſt killed by the over-care of its parents, how*

preserv'd 158
A Child *made to stand, and go, by dipping over Head and Ears in very cold Spring Water* 30
Children *preserved by washing in cold Water* 39
Children *destroyed by swathing and rowling* 152
Childrens *Fits in the Month, mostly proceed from giving them Sack, or other spirituous Liquors* 157
The Author's true Character of a Christian 91
Cold *is a positive, and not a privation* 143
The Cold Bath, *a Register kept of Cures done thereby* 34
Several instances of the virtues of the Cold Bath 59, &c.
Cold Baths *cure best from a sudden plunge over Head* 144
Ill effects of staying too long in a cold Bath 145
Cold Water *good to relieve a suppression of Urine, caused by too long retention* 161
Instance of a Colick, *cured by the cold Bath* 117, &c.
A Complication *of nerval and hysterical Distempers cured by cold Immersion* 25
The invention of Compounds *was from not knowing the virtues of Simples* 4
A Consumptive *Woman cured by the sole use of Apples and Apple-water* 130
A Cough *cured by a Person's falling accidentally into Water* 57
Credulity *is harbinger to infallibity* 13
Many poor People live to extreme old Age in Cumberland 231
The wonderful Cure *wrought on Mr.* Crew *by the cold Bath* 35, 36, 37.
Custom *not to be accounted for* 138
No Custom *of living ought to be left suddenly* 189

D.

A Deaf *Person cured by cold Bathing* 33

The least Debauch *shakes the very foundation of the human Fabrick* 116
Diabetes, *how caused, and how to be cured* 51, 52.
Signs of a Man's Disapproving *a matter* 12
Denying Drink *in Fevers is pernicious* 158, 159.
The Dropsie, *how cured by cold bathing* 32
Drousiness, *how to be relieved, and sometimes cured* 188, 189.
The Drunkard *characteris'd and expos'd* 141
---- Drunkards *seldom long-lived* 216
Efficacy of the Bath-waters for drinking greater at the place than sent abroad 7
An Elephantiasis *cured by cold Water* 73
Epilepsies *gotten by frights are very stubborn* 172
The Esseans *accustomed themselves to wash often* 102

F.

The Fæces *of Malt Liquors very unwholsom* 167
Fevers *cured by Immersions* 40, 81.
How the Author of this Tract cured himself of a Fever 81, 82.
Autumnal putrid Fevers *whence produced* 176
Fire *burns fiercest in intense Frost.* 48
Fits *in very young Children mostly proceed from Sack, and such like spirituous liquors* 175
All Flesh *when corrupt is venomous* 177
There is an unaccountable sympathy between Fools 17
The Fool *does less harm than the Knave* ibid.
A Fright *cured a running Gout or Rheumatism* 178

G.

The Gout *cured by a cold Bath* 53
Gouts *much relieved both by cold and hot Baths* 181
The Gout *baffles Physicians* ibid.
The Turks *not troubled with the* Gout 182
To be Grey *betimes, and not Bald, is a sign of long Life* 128, 129.
Dry Gripes *with a Paralysis, how cured by an* Indian

dian 212
The compoſition of Gun-powder *reflected on* 66

H.

Head-achs *ſometimes cured by cold, ſometimes by hot Baths* 179, &c.
Heat *from without inward, and from within outward, conſidered* 126, 127.
The inconveniences of high-heeled Shooes 202, 203.
The Hemiplegia *is the moſt ſtubborn of all Palſies* 120.
Hermannus vander Hegden *mightily commends cold Water* 18, 19.
A broken winded Horſe *cur'd by eating Apples* 129

I.

Jaundice *cured by the Bath-waters* 201
An account of Henry Jenkins *who lived to be* 169 *Years of Age* 219, &c.
Immerſion, *a practice ſo old as to be almoſt forgot in the World* 1
Immerſion, *good not only for the Gout, but for moſt inveterate Pains of the Head alſo* 22, &c.
Impotence *cured by cold bathing* 68, &c.
The Indians *in* America *uſe to leap into extreme cold Water out of their hot Stoves* 125
The Indians *method to cure Fevers* 103
The Indians *do wonderful Cures by ſimples* 212
Ingredients *enumerated, wherewith the* Bath *Waters are impregnated* 7
The Itch *cured by Immerſions* 93
Pomaceous Juices *are the greateſt Pectorals* 128

K.

Kerckringius's *Opinion of Tabacco* 167
Stone and Gravel in the Kidneys *cured by Water drinking* 20

L.

Life *is an actual Flame* 47

--- *Reasons confirming that notion* 47, 48.
Light *is expanded Fire* 64
All Liquids, *the swifter their motion, the cooler they are* 74
Remarks upon the Livers *of intemperate Persons* 196
An account of one Richard Lloyd *who lived* 133 *Years* 223
The Lungs *are Air-strainers* 48

M.

The faces of Malt *Liquors very unwholsom* 167
Man *is a sort of a musical Instrument* 119
A truly happy Marriage *described* 97
Fresh and stale Meats *considered* 175
Meat *new killed has twice the Nourishment of stale* Meats ibid.
Best Method *and* Medicine *may be abused by over or underdoing it* 11
Milk-*diet very much conduces to long Life, proved by several instances* 231, 232, 233.
The Moon *is as truly the cause of Cold as the Sun is of Heat* 142
Nothing can be so homogeneous to a Child, as its Mothers Milk 151
St. Munga's, *a very cold Spring in* Yorkshire 25
--- *Many Cures done by it* 26
Musa's *Statue was erected in the Temple of* Æsculapius, *for a Cure wrought by his Advice on* Augustus, *by Immersion* 38

N.

An account of a very old Man at Northampton 229, &c.
The effects which Northerly *Winds have on the Baths at* Bath 7
The Nostrum-mongers *describ'd* 17, 18.
Wrong Notions *hard to be unrivetted* 13, 14.
Nurses *too much neglect and too often destroy Children*

dren 149
Directions for Nurſes 155

O.

Oatmeal *much commended* 168
To be wedded to an Opinion *is true madneſs, unleſs warranted by infallible Demonſtration* 13
Oribaſius *Phyſician to* Julian *the (apoſtate) Emperor* 5

P.

Palſie *and Rheumatiſm cured by an accidental fall into a ditch of Water* 29
A Paralyſis *with a Tremor, how cured* 195
Wrong apply'd Paregoricks *are very fatal* 15
Apples and pomaceous Juices are the greateſt Pectorals 120
Mr. Pen's *account of the* Indians *curing themſelves of Fevers* 103, &c.
Perſpiration *is the ſmoak made from the vital Flame* 51
The Phyſician's *duty in caſe of miſtake or doubt* 3
The Plague *cured by accidental Immerſions* 45
Remarks made on the time of the Plague *in* London Anno 1665 46
The different parts of many Plants *have different taſtes and different virtues* 67
Every Plant *which we call Simple is compounded* ib.
Plethorick *habits receive injury by bathing* 6
The Pores *of Mans body are the Sally-ports by which Nature drives out the enemy crept into her gariſon* 50
Sylvius's *deſinition of the* Pox *the beſt* 71
The Pox *the greateſt curſe that can befall a Man in this life* 70, 71
The nature of Indian Poyſons 177

Q.

A ſevere Quartane *Ague, how cured* 173

R.

R.

The best Remedies *have their* Nocumenta *when ill administred* 145
Rheumatism *and Palsy cured by an Accidental fall into a ditch of Water* 29
Rheumatism *cured by the cold Bath* 59, 60, &c. 92, 100, 177, 200.
Cold Immersion a Specifick and present cure for the Rickets 147
Rickers *almost Epidemical in* England *in the Reign of King* Charles *the first* 148

S

Sack *and other Spiritous Liquors occasion fits in very young Children* 157
The Saliva *one of the best Juices in the Body* 183
Water the best Menstruum to dissolve Salts 49
Sanguine *constitutions receive injury by Bathing* 6
In Scorbutick *atrophies the bath Waters seldom fail* 7, 8
Sebastianus Wirdig *is mighty fond of this notion that* Cold *is a* Fire 143
Sharing *Physitians described* 16
The Shepherds *observations upon rousing their Flocks in a Morning* 225
Simples *most effectual to work cures* 211, 212
Sleep *softens and sweetens the Juices* 155
Instances of the Small-Pox *cured by Accidental Immersions* 42, 43
The best remedy for all Sprains *and* Wrenches 202
Sprinkling *but of late years used in Baptism* 90
Instance of a decayed Stomach *cured by the Bath Waters and Bitters* 8, 9
Persons that use exercise and eat fish and milk-meats often are seldom or never troubled with the Stone 165
Stupidity *is proof against* Satyr *as well as Wisdom*

dom 18
The several causes of Suppression *of Urine* 163
Going into cold water good for Surfeits 19
Swathing *of Infants decried* 156
Inconveniencies of violent Sweats 14, 15
Critical Sweats *dangerous to be checkt* 138

T

The Inconveniences of much smoaking Tabacco 106
Nimius Tabaci *usus noxius* 107
Old men may smoak Tabacco *with less injury than young Men* 183
For what reason Tabacco *was first used* 198
How all Tavern *delights terminate* 216, 217
The good effects of Temperance 10
Temperance *commended* 141
The Temperate *use of every thing recommended* 146
An Instance of Tenderness *cured by the cold Bath* 91, 189, 190, 191
The nature of Thirst *explained* 49
Thirst *relieved by the cold Bath* 62
—how it is relieved thereby 64
Temperate persons not Thirsty 141
A sore Throat *cured by the cold Bath* 179
Spring-Tides give a strange frigidity to the Air 142
The Turks *not troubled with the Gout* 182

U V

An account of a Venetian *Consul at* Smyrna *who lived* 113 *years* 222, 223
Wine Vinegar *good to prevent and cure the Plague and to cure Poysons* 24
Vino Venereal *diseases how cured* 204, 205
A Viper's *bite cured by acids* 24
The Volatile Vitriol *which is by experiments seen to be in the bath-waters flies off as the Water cools* 7
Virgil *cited to prove the excellent use of cold Bathing*

thing 235, &c.
Uncleanneſs *comically defined and deſcribed* 199
Seth Unthanke, *himſelf and ſeveral of his near relations very long lived* 227
An experiment made of febrile Urine 50
Suppreſſion of Urine *by too long retention relieved by cold Water* 161
Early Wantonneſs *ſhocks Mens conſtitutions* 184
Warm Water *good to prevent bilious Colicks* 113
Water *the beſt menſtruum to diſſolve ſalts* 49
None live ſo long and healthful as the waſhers and dablers in cold Water 77
The pouring of Cold Water *from one* Veſſel *to another very refreſhing to perſons in Fevers* 78
All Water evaporates continually 64
Cold Water *concentres the Spirits, and ſtrengthens the Nerves and Muſculous fibres* 79
Water *proper for drinking* 111, 131
The nature of Water *explained* 167
Well Water *generally not wholeſome* 112
Weſt India *Gripes and Colick are generally cured by the hot baths at* Bath 5
Dr. Willis *cited for curing a* Wench *in a Fever by having her thrown into a River* 83
Wine Drinkers *falling to drinking Malt liquors frequently ſlide into Dropſies* 195, 196
Worms *voided in a great cluſter after ſwimming* 86, 87
The beſt remedy for all Sprains and Wrenches 202

Y

The Yaws *a ſort of Leproſy or Pox amongſt the Indians* 198

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